

**Supplementary Table S2. Cochrane Collaboration tool for assessing risk of bias**

Study	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias) (patient-reported outcomes)	Incomplete outcome data addressed (attrition bias) (Short-term outcomes (2-6 weeks))	Incomplete outcome data addressed (attrition bias) (Longer-term outcomes (>6 weeks))	Selective reporting (reporting bias)
Low FODMAP versus Traditional IBS diet							
Eswaran 2016 <sup>30</sup>	<b>Low</b>	<b>Low</b>	<b>High</b>	<b>High</b>	<b>Low</b>	<b>Not Applicable</b>	<b>Low</b>
Bohn 2015 <sup>29</sup>	<b>Low</b>	<b>Low</b>	<b>High</b>	<b>Low</b>	<b>Low</b>	<b>Not Applicable</b>	<b>Low</b>
Staudacher 2012 <sup>36</sup>	<b>Low</b>	<b>High</b>	<b>Unclear</b>	<b>Unclear</b>	<b>Low</b>	<b>Not Applicable</b>	<b>Low</b>
Low FODMAP versus High FODMAP diet							
McIntosh 2016 <sup>53</sup>	<b>Low</b>	<b>Low</b>	<b>High</b>	<b>Low</b>	<b>Low</b>	<b>Not Applicable</b>	<b>Low</b>
Halmos 2014 <sup>26</sup>	<b>Low</b>	<b>Low</b>	<b>High</b>	<b>Low</b>	<b>Low</b>	<b>Not Applicable</b>	<b>Low</b>
Ong 2010 <sup>25</sup>	<b>Low</b>	<b>Low</b>	<b>Low</b>	<b>Low</b>	<b>Low</b>	<b>Not Applicable</b>	<b>Low</b>