

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 ³⁰	Low	Low	High	High	Low	Not Applicable	Low
Bohn 2015 ²⁹	Low	Low	High	Low	Low	Not Applicable	Low
Staudacher 2012 ³⁶	Low	High	Unclear	Unclear	Low	Not Applicable	Low
Low FODMAP versus High FODMAP diet							
McIntosh 2016 ⁵³	Low	Low	High	Low	Low	Not Applicable	Low
Halmos 2014 ²⁶	Low	Low	High	Low	Low	Not Applicable	Low
Ong 2010 ²⁵	Low	Low	Low	Low	Low	Not Applicable	Low