

**Supplemental Table S1.** Participant characteristics

	<b>Kestose</b> ( <i>n</i> =11)	<b>Maltose</b> ( <i>n</i> =12)	<b><i>p</i></b>
Age at entry, years, median (25 <sup>th</sup> –75 <sup>th</sup> %)	5 (4.5-5.5)	5 (5-6)	0.36
Sex, boy/girl	6/5	9/3	0.30
Taking pre/probiotics	5	6	0.48
Taking laxatives	2	1	0.83

Pre/probiotics: yogurt, lactic-fermented beverage, health foods (oligosaccharides, dietary fiber)