

Supplementary Table 2: Participants, interventions, comparisons, outcomes and study design (PICOS) used to systematically review relationship between food ingestion and symptom reporting in functional gastrointestinal disorders

PICOS concepts	Criteria for systematic review
Participants	Adults (18 years and over) with diagnosed, uncomplicated irritable bowel syndrome or functional dyspepsia
Interventions	Food ingestion
Comparisons	Not applicable
Outcomes	Symptom induction or presence of symptoms
Study Design	RCT, cohort, cross sectional