Supplementary Table S1. Reasons for not being eligible for/declining study participation

Reasons for non-inclusion	Number
Did not answer when calling	188
Did not want to participate	157
Wrong adress	62
Already on a diet in the exclusion	45
criteria	
No or mild symptoms	37
Another diagnosis	27
Moved from the region	14
Pregnancy	4

Supplementary Table S2. Recommendations of fruit intake according to a starch- and sucrose- reduced diet

Well tolerated	Tolerated by some	Not tolerated
Avocado	Persimmons	Apples
Blackberries	Plums	Apricots
Blueberries	Raisins	Bananas
Boysenberries	Watermelon	Cantaloupe
Cherries		Dates
Cranberries		Grapefruits
Currants		Guava
Figs		Honeydew melon
Gooseberries		Mangos
Grapes		Nectarines
Kiwi fruits		Oranges
Lemons		Passion fruits
Limes		Peaches
Loganberries		Pineapples
Olives		Tangelos
Papayas		Tangerines
Pears		
Pomegranates		
Prunes		
Raspberries		
Rhubarbs		
Strawberries		

Information from Ref No 9.

Supplementary Table S3. Recommendations of vegetable and legume intake according to a starch- and sucrose-reduced diet

Well tolerated	Tolerated by some	Not tolerated
Alfafa sprouts	Edamame soybeans	Beets
Artichokes*	Jicamas	Black beans
Arugulas	Leeks	Black-eyed peas
Asparagus*	Okra	Butternut
Bamboo shoots	Pumpkins	Carrots
Bok choy	Snow peas	Cassavas
Broccoli*	Tempeh	Chickpeas
Brussels sprouts*	Tofu	Corn
Cabbages*	Yellow wax beans	Garlic
Cauliflower*		Green peas
Celery		Lentils
Chard		Kidney beans
Chicories		Lima beans
Chives		Navy beans
Collard greens		Onion
Cress		Parsnips
Cucumbers		Pinto beans
Eggplants		Potatoes
Endive		Soybeans
Green beans		Split peas
Kale		Sweet potatoes
Lettuces		Yams
Mung bean sprout		
Mushrooms		
Mustard green		
Peppers		
Radishes		
Spaghetti squash		
Spinach		
Tomatoes		
Turnips		
Yellow squash		
Zucchini		

Information from Ref No 9.

Supplementary Table S4. Concomitant diseases besides irritable bowel syndrome (IBS) and drugs used as regular treatments

Diseases	
Allergy	17
Hypothyroidism	12
Asthma bronchialis	11
Depression	11
Hypertension	10
Migraine	7
Lactose intolerance	5
Pain in back and joints	5
Drug treatment	
Antidepressants	21
Laxatives	14
Proton-pump inhibitor	13
Levothyroxine	13
Hormonal treatment	11
Vitamin D	11
Statins	8
Folic acid	6
Cobalamin	5
Inhaled asthma medication	5

Figure S1. CONSORT 2010 Flow Diagram

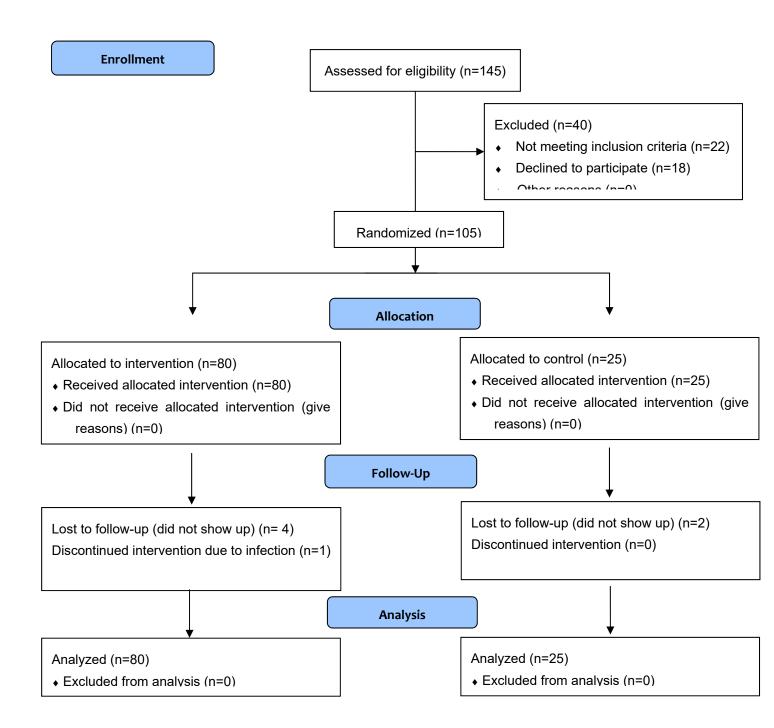


Figure S2. Flow chart over inclusion and exclusion criteria

Recruitment of patients with irritable bowel syndrome (IBS) at primary health care centers and one tertiary care center

Inclusion criteria:

Age span: 18–70 years

Both parents and grandparents born in Scandinavia or North of Europe Diagnosis of IBS, set by their ordinary physician

Exclusion criteria:

<175 in total irritable bowel syndrome-symptom severity scale (IBS-SSS) score

Diagnosis of inflammatory bowel disease, celiac disease, bile acid malabsorption, gastrointestinal infection or enteric dysmotility

Severe food allergy

Severe heart, pulmonary, cardiovascular, malignant or psychiatric diseases Pregnancy

Already on ongoing diet such as vegan diet, gluten-free diet, low Fermentable

679 available patients contacted by mail and phone

Major prior gastrointestinal surgery in the past Alcohol and/or drug abuse

534 patients not being eligible or declining to participate

145 patients accepted for a 10-day runin period

Study questionnaire, nutrition questionnaire at day 6-10, and the questionnaires irritable bowel syndrome-symptoms severity scale (IBS-SSS), visual analog scale for imitable bound guardiana (VAS IBS)

40 patients excluded because they withdrew their willingness to participate, had wrong diagnosis, were already on a diet, or had insufficient symptoms

80 patients included for a 2-week dietary intervention with starch- and sucrose-reduced diet

Nutrition questionnaires day 10-14 and IBS-SS and VAS-IBS at day 14

25 patients included as controls with unrestricted dietary intake for 2 weeks

Nutrition questionnaires day 10-14 and IBS-SS and VAS-IBS at day 14

