

SUPPLEMENTARY FILES

Table S1: Dietary Acceptability Questionnaire:

1. I find it easy to buy suitable foods for my current diet at my normal supermarkets or shops

- Agree
- Neutral
- Disagree

2. I am able to buy foods suitable for my current diet at my normal supermarkets or shops

- Agree
- Neutral
- Disagree

3. I use high street/online speciality shops (e.g., health food shops) to buy food for my current diet

- Agree
- Neutral
- Disagree

4. It takes extra time to shop for my current diet

- Agree
- Neutral
- Disagree

5. It takes extra time to cook for my current diet

- Agree
- Neutral
- Disagree

6. I find food labeling is adequate to allow me to confidently choose suitable foods

- Agree
- Neutral
- Disagree

7. The cost of my current diet is more expensive

- Agree
- Neutral
- Disagree

8. Does eating out at restaurants make it more difficult for you to follow your current diet?

- Agree
- Neutral
- Disagree

9. Does eating out with friends/family make it more difficult for you to follow your current diet?

- Agree
- Neutral
- Disagree

10. Does travel (overseas/UK) make it more difficult for you to follow your current diet?

- Agree
- Neutral
- Disagree

11. Overall, I find my current diet tasty and enjoyable

- Agree
- Neutral
- Disagree

12. I can incorporate my current diet easily into my life

- Agree
- Neutral
- Disagree

13. My current dietary needs have created stress with my family/friends

- Agree
- Neutral
- Disagree

Table S2: Food-related quality of life questionnaire:

1. Food and meals are positive elements of my life

- Agree
- Neutral
- Disagree

2. I am generally pleased with my food

- Agree
- Neutral
- Disagree

3. My life in relation to food and meals is close to my ideal

- Agree
- Neutral
- Disagree

4. With regard to food, the conditions of my life are excellent

- Agree
- Neutral
- Disagree

5. Food and meals give me satisfaction in daily life

- Agree
- Neutral
- Disagree

6. I wish my meals were a much more pleasant part of my life

- Agree
- Neutral
- Disagree

7. When I think of my next meal, I only see problems, obstacles and disappointments

- Agree

- Neutral
- Disagree

Table S3: Anthropometric data of IBS patients at T0, T1 and T3. No significant difference was observed. The reported results are referred to the 41 patients evaluated at T3.

	T0	T1	T3	p-value
Height (cm)	167.0 ± 1.0	167.0 ± 1.0	167.0 ± 1.0	ns
Weight (kg)	70.6 ± 15.6	69.4 ± 15.5	69.8 ± 15.5	ns
BMI (kg/m²)	25.0 ± 4.2	24.8 ± 4.8	24.8 ± 4.8	ns
Wrist circumference (cm)	16.1 ± 1.3	15.4 ± 3.3	15.8 ± 2.5	ns
Waist circumference (cm)	80.0 ± 12.1	79.6 ± 12.3	79.3 ± 12.2	ns
Hip circumference (cm)	101.3 ± 9.8	100.6 ± 9.9	101.1 ± 9.9	ns
Arm circumference (cm)	27.6 ± 3.1	27.8 ± 3.1	27.8 ± 3.2	ns
BMR (kcal/die)	1425.6 ± 119.0	1420.1 ± 118.9	1417.7 ± 117.9	ns

Table S4: IBS-Symptom Severity Score results at T0, T1, T2 and T3. The reported results are referred to the 41 patients evaluated at T3.

IBS-SSS	T0	T1	T2	T3	p-value
Abdominal pain severity	58.3 ± 23.4	29.3 ± 24.0	26.0 ± 22.5	33.2 ± 22.7	T0 vs others: p<0.001
Abdominal pain frequency	64.5 ± 29.6	27.1 ± 23.6	24.2 ± 22.6	28.5 ± 30.8	T0 vs others: p<0.001
Abdominal distension severity	61.7 ± 23.6	33.4 ± 24.7	31.7 ± 27.5	40.8 ± 24.5	T0 vs others: p<0.001
Dissatisfaction with defecatory function	71.2 ± 30.3	51.8 ± 34.9	51.7 ± 34.2	55.2 ± 30.3	T0 vs T1: p<0.05

					T0 vs T2: p<0.05
Interference of IBS symptoms with life habits	70.5 ± 24.8	44.5 ± 31.5	46.1 ± 31.0	49.8 ± 32.4	T0 vs others: p<0.001
IBS-SSS total	326.2 ± 88.7	185.9 ± 97.0	174.8 ± 98.1	205.3 ± 106.2	T0 vs others: <0.001