

Table S1: Customized Food Categories

Table S1 Customized Food Categories provides example foods for the coding of the open-ended question “When RACING please describe what you would typically choose to eat and/or drink (including any supplements or special products) within the 4 hours before running RACES/COMPETITIONS”.

Food Category	Example Foods
Gluten free grains	<ul style="list-style-type: none"> • Rice (brown, white, wild) • Rice Cakes • Gluten-free Bread • Gluten-free Pasta • Gluten-free Crackers • Gluten-free Pancakes/Gluten-free Waffles • Gluten-free Corn Tortillas • Amaranth • Arrowroot • Buckwheat • Millet • Quinoa • Sago • Sorghum • Teff
Grains containing gluten	<ul style="list-style-type: none"> • Bread/Toast/Bun/Roll • Pasta (white or whole wheat or whole grain) • Muffin • Bagel • Tortilla/Wrap • Pitas • English Muffin • Croissant • Granola Bar • Pancakes/Waffles/Crepes • Spelt • Bulgur • Wheat Berries • Barley • Couscous
Snack food salty	<ul style="list-style-type: none"> • Potato chips • Tortillas • Popcorn • Pretzels • Crackers
Breakfast cereal cold	<ul style="list-style-type: none"> • Wheat cereals • Bran cereals • Oat cereals (unless specifies gluten free) • Granola (unless specified gluten free)

	<ul style="list-style-type: none"> • Muesli (unless specifies gluten free)
Breakfast cereal cold gluten free	<ul style="list-style-type: none"> • Rice cereals • Any other cereals specifically noted as gluten free
Breakfast cereal regular hot	<ul style="list-style-type: none"> • Any hot cereal containing gluten • Oatmeal (unless specifies gluten free) • Wheat cereal • Whole grain cereal
Breakfast cereal hot, gluten free	<ul style="list-style-type: none"> • Gluten free oats • Gluten free oatmeal • Rice cereal • Porridge specified gluten free
Low FODMAP fruit	<ul style="list-style-type: none"> • Avocado • Blueberry • Raspberry • Grapes • Honeydew Melon • Kiwi • Lemon • Lime • Orange • Pineapple • Papaya • Pomegranate • Raisins, dried cranberries, currants • Strawberries
High FODMAP fruit	<ul style="list-style-type: none"> • Apple • Apricot • Banana (ripe) • Blackberry • Cherries • Dates • Figs • Gogi berries, dried • Grapefruit • Lychee • Mango • Nectarine • Peach • Pear • Persimmon • Pineapple, dried • Plums • Prunes • Watermelon • Dried Fruit

	<ul style="list-style-type: none"> • Fruit bars
Low FODMAP Starchy Veg (contain > 22 g carbs in ½ cup serving)	<ul style="list-style-type: none"> • French Fries • Potato (mashed, boiled, baked, nuggets, wedges) • Corn (limited to ½ cob) • Sweet Potato (limited to ½ cup) • Hashbrowns
Low FODMAP Vegetables (non-starchy)	<ul style="list-style-type: none"> • Alfalfa • Bamboo Shoots • Bean Sprouts • Beets • Bok Choy • Broccoli • Brussels sprouts • Cabbage • Lettuce, green and red • Carrot • Celery • Chicory leaves • Chili and Bell Peppers • Chives • Choy Sum • Collard Greens • Cucumber • Eggplant • Endive • Fennel • Ginger • Green Beans • Kale • Lettuce • Spinach or Spinach Salad • Green or Yellow Beans • Tomato
High FODMAP Vegetables (non-starchy)	<ul style="list-style-type: none"> • Asparagus • Cauliflower • Garlic • Green Peas • Leeks • Mushrooms • Onions • Shallots • Sugar Snap Peas
Legumes	<ul style="list-style-type: none"> • Lentils • Chickpeas • Hummus • Black Beans

	<ul style="list-style-type: none"> • Pinto Beans • Kidney Beans
Red Meat	<ul style="list-style-type: none"> • Meat • Beef • Pork (Ham) • Bison • Game • Lamb • Other Meats
Poultry	<ul style="list-style-type: none"> • Chicken • Turkey • Duck
Eggs	<ul style="list-style-type: none"> • Eggs • Egg Whites • Omelet
Soy/Meat Alternatives	<ul style="list-style-type: none"> • Tofu • "Veggie" burger • "Veggie" dogs • "Veggie" ground beef • Tempeh
Cured Meats	<ul style="list-style-type: none"> • Beef Jerky • Deli Meat • Sausages • Turkey Jerky • Bacon
Fish/Seafood	<ul style="list-style-type: none"> • Salmon • Tuna • Cod • Haddock • Trout • Arctic Char • Other fish
Nut/Nut butter	<ul style="list-style-type: none"> • Peanuts • Peanut Butter (regular/light/natural/crunchy/smooth) • Almonds • Almond butter • Walnuts • Pecans • Cashews • Pistachios • Other Nuts/Nut Butter
Seeds	<ul style="list-style-type: none"> • Chia • Flax / Flax seeds • Hemp • Other Seeds/Seed Butter

Milk	<ul style="list-style-type: none"> • “Milk” • Skim milk • 1%, 2%, 3.5% (whole or homo) • Chocolate
Milk alternatives	<ul style="list-style-type: none"> • Soy Milk/Beverage • Almond Milk/Beverage • Coconut Milk/Beverage • Rice Milk/Beverage • Cashew Milk/Beverage
Yogurt	<ul style="list-style-type: none"> • Regular • Greek • Plain • Flavoured
Lactose-free Dairy Products	<ul style="list-style-type: none"> • Lactose-free Milk • Lactose-free Regular Yogurt • Lactose-free Greek Yogurt • Lactose-free Chocolate Milk • Lactose-free Cheese
Cheese	<ul style="list-style-type: none"> • Cheddar Cheese • Mozzarella Cheese • Cottage Cheese • Babybel® • Cheese Strings • Cream Cheese • Feta • Other Cheese • Parmesan
Juice	<ul style="list-style-type: none"> • Fruit juice (e.g. apple juice, orange juice, mango juice, etc.) • Vegetable juice • Tomato Juice • V8®
Coffee/Tea	<ul style="list-style-type: none"> • Coffee • Decaf Coffee • Black tea • Green tea • Herbal tea • Decaf Tea
Energy Drink	<ul style="list-style-type: none"> • Red Bull® • Monster Energy®
Sports drink (contains carbs & electrolytes)	<ul style="list-style-type: none"> • ‘Sport Drink’ (when brand not given) • Gatorade® • Powerade® • eLoad®
Electrolytes	<ul style="list-style-type: none"> • Nuun® • ‘Salt’ tablets (brand not given)

	<ul style="list-style-type: none"> • Powerade Zero® • eLoad zone tablets® • Ultima® • G2 – Gatorade®
Sports/Carbohydrate Bar	<ul style="list-style-type: none"> • ‘Sport Bar’ when brand not given • Clif Bar® • Honey Stingers Waffle® • PowerBar® • Luna® • Lara bar® • Fruit Source Bar
Protein Bar	<ul style="list-style-type: none"> • ‘Protein bar’ no brand given • Clif Builder Bar® • Pure Protein®
Sports Gel/Gummies	<ul style="list-style-type: none"> • ‘Sport gel’ (when brand not given) • Clif blocks® • Clif chews® • Clif shots® • GU® • “Jelly Beans”
Other Beverages	<ul style="list-style-type: none"> • Pop / Soda • Iced Tea • Lemonade • Alcohol • Mineral Water • Vitaminized Water
Sweeteners	<ul style="list-style-type: none"> • Maple Syrup • Honey • Jam/Jelly • Agave (syrup) • Sugar (white, brown, cane etc.)
Fats/oils	<ul style="list-style-type: none"> • Butter • Margarine • Any Vegetable Oil (canola, olive, sunflower etc.) • Mayonnaise • Salad Dressing • Sour Cream • Whip cream • Coconut oil
Sandwiches	<ul style="list-style-type: none"> • Submarine/Sub Sandwich • Sandwich • Wrap Sandwich
Pasta Dish/Pizza	<ul style="list-style-type: none"> • Pasta with Tomato Sauce • Pasta with Meat Sauce • Lasagna

	<ul style="list-style-type: none"> • Vegetarian Lasagna • Macaroni and Cheese • Pizza
Burritos/Tacos	<ul style="list-style-type: none"> • Burritos • Tacos • Fajitas
Soups, Stews, Chilis and Stir Fry	<ul style="list-style-type: none"> • Soup • Chili • Vegetarian Chili • Mixed Stir Fry
Other Combination Foods/Mixed Dishes	<ul style="list-style-type: none"> • Any other combination food that isn't on the lists
Dessert/Sweets	<ul style="list-style-type: none"> • Cakes • Pies • Brownies • Cookies • Pudding • Ice Cream • Pastries • Donuts • Candy • Nutella • Other Desserts