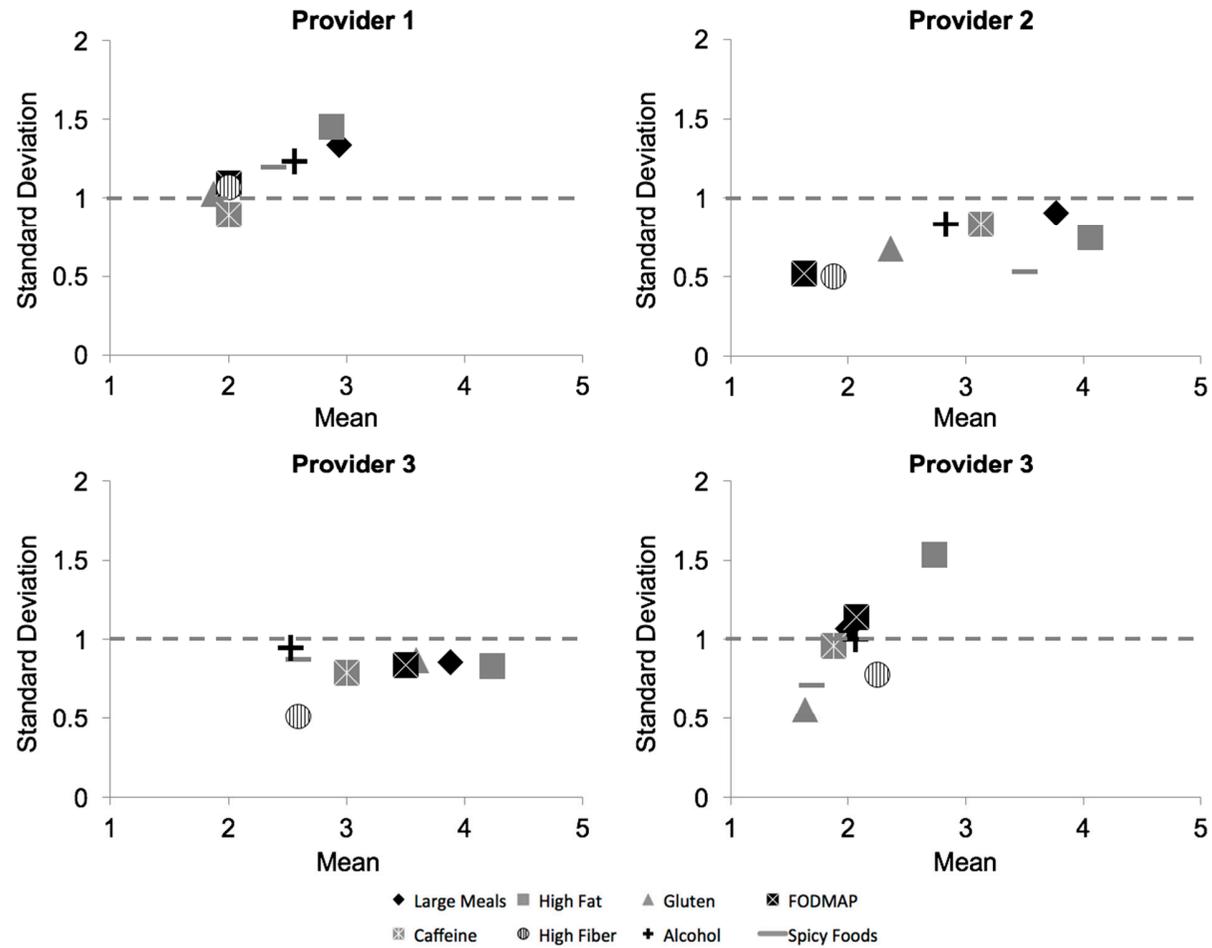
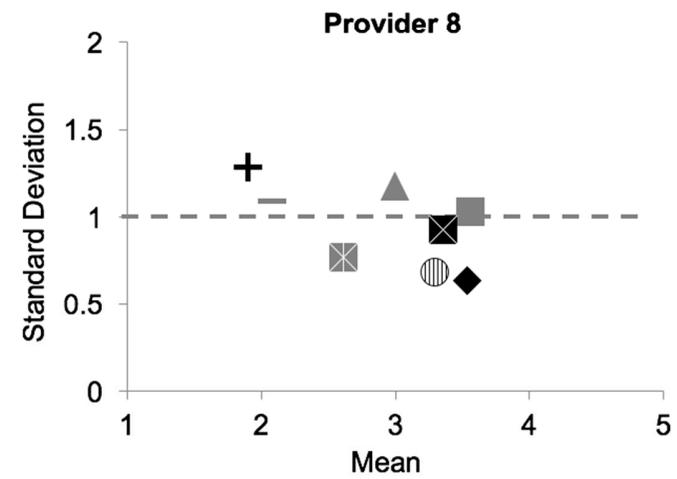
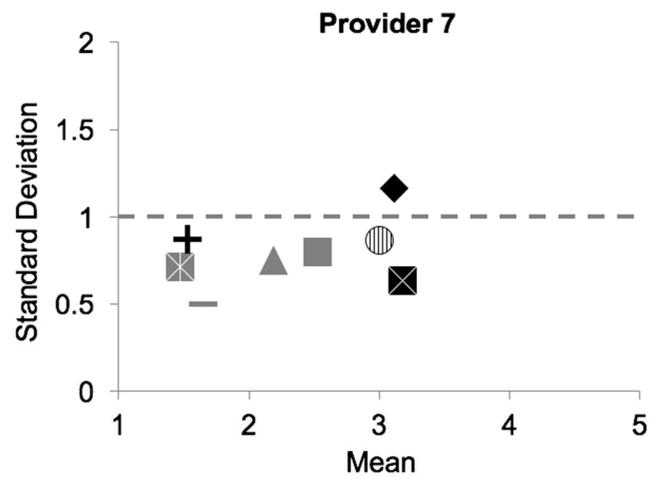
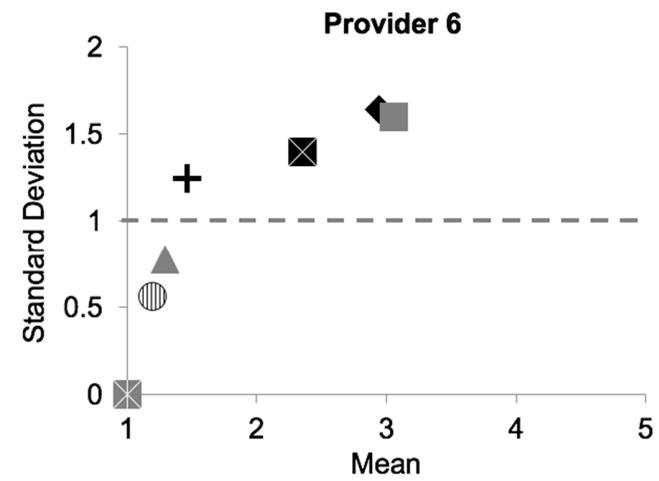
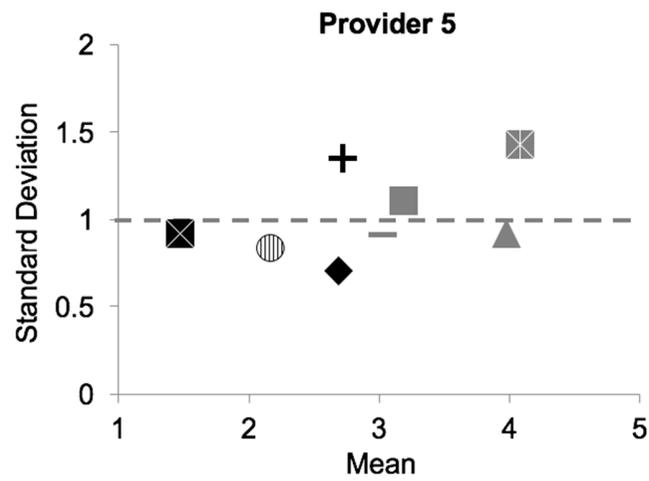


## Supplemental Materials

**Supplemental Figure 1.** Did providers vary their trigger food likelihood ratings amongst the 17 IBS food and symptom journals? Plots of each provider's average trigger food likelihood ratings versus standard deviations for each main food group.





- ◆ Large Meals    ■ High Fat    ▲ Gluten    ☒ FODMAP
- ☒ Caffeine    ⊖ High Fiber    + Alcohol    — Spicy Foods

FODMAP = fermentable oligo-di-monosaccharides and polyols



Written Recommendations	Participant																	
	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
Avoid FODMAPs	4	5	3	3	4	3	6	2	3	2	4	4	2	4	4	3	5	
Avoid fructans				1		3						1	1	1			1	
Avoid fructose	1	1	2	2	3	3	2	1	1	1		2	1	1		1	1	
Avoid galactans				1		1								3			1	
Avoid inulin			2															
Avoid lactose	1	1	1	4	2	1	1	1	4	3	2	2	2	1	3	5	1	
Avoid oligosaccharides			1						1									
Avoid polyols								1				1	1			1		
Avoid fresh veggies			2		1		3				2			1		1	1	
Avoid cruciferous vegetables				2			2		2									
Avoid beans		2		2	1	1	2	2	2					3	1		2	
Avoid cabbage								2										
Avoid carrots								1										
Avoid corn			1															
Avoid garlic							1											
Avoid kale																	2	
Avoid lentils									2									
Avoid mushrooms		1	2						1									
Avoid onions		1						1						3				
Avoid peas								1					2					
Avoid fruits		2	1		3	2	3		3	4		1	6	4				
Avoid apples					2		4			2	1			3			3	
Avoid avocados							2		2									
Avoid bananas													1		1			
Avoid citrus fruit													3					
Avoid fruit juices	1																	
Avoid pears									2	3							3	

Written Recommendations	Participant																	
	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
Avoid gluten	1	4	1	1		1	1	1			1	2		1	2	1	1	
Avoid ham	1																	
Avoid high fat foods	6		5	4	1	1		4	4	5	4	2	2	2	5	5	3	
Avoid honey							2						3	1				
Avoid hummus																1		
Avoid large meals	2		4			5						2			4			
Avoid nuts			1			1				1	1	1	4		2		2	
Avoid peanut butter									1	1								
Avoid popcorn																	2	
Avoid prepared foods							1											
Avoid processed foods	1										1			1	3	1		
Avoid protein bars		2	2		2												2	
Avoid red meats										3			1					
Avoid soda								2							1	1		
Avoid carbonation	1	1			2													
Avoid Diet Coke														2				
Avoid soy			3			1	2	2		1		4		3				
Avoid spicy foods				1				2		2			2	2	1			
Avoid sugars			1		2		2		2			4		2	1	1	1	
Avoid tea										1								
Avoid chamomile tea					1						1							
Avoid wheat		3	2	1			1	1	2	1		1				4		
<b>Meal Preparation</b>																		
All liquid breakfast													1					
Avoid coffee alone											1					1		
Cook vegetables				2	1											1	1	
<b>Consume more...</b>																		
Calories					1													1
Fiber	1		1	4		2	2	2	2	2	2	2	1	3	3	2	2	

Written Recommendations	Participant																
	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Fluids	1	1	1	2	1	2	2	1	1	1	1	1	1	2		2	2
Fruits/vegetables					1	1									1	2	1
Grains					1												
Protein					1				1			1			1	1	2
<b>No relationship found</b>																	
No relationship found	1	1			1	1	1	2		1			1				
<b>Total # of written recommendations given by all providers</b>	18	18	20	19	24	22	27	22	22	24	18	20	24	25	18	23	29

FODMAP = fermentable oligo-di-monosaccharides and polyols

Highlighted cells represent ≥ 4 providers wrote a similar written recommendation.

Empty cells signify that the participant did not receive the specific written recommendation by any provider.

**Supplemental Table 2.** Provider variability of written diet recommendations

Provider <sup>&amp;</sup>	Years of IBS Clinical Experience	Written Recommendations Per Participant (mean + SD)	Total # of Different Written Recommendations for all Participants	Written Diet Recommendations	
				Diet Recommendation	# of Participants this Recommendation was given to (N, %)
1 (M, D)	6	2.5 ± 1.3	19	Avoid high fat foods	5, 29.4%
				Avoid large meals	4, 23.5%
				Low FODMAP diet	
				Avoid processed foods	3, 17.6%
				Eat more regular meals	
				Increase fiber	
				Avoid lactose	2, 11.8%
				Avoid gluten	
				Decrease nuts	1, 5.9%
				Avoid spices	
				Substitute soda for water	
				Anti-inflammatory diet	
				Avoid sweets	
				Avoid bananas	
				Avoid eggs	
				Avoid beans/galactans	
				Eat more	
				Increase protein	
				Increase fruits/vegetables	
2 (M)	20	13.5 ± 4.1	53	Eat smaller meals	17, 100%
				Avoid high-fat foods	15, 88.2%
				Increase fiber	13, 76.5%
				Eat more frequent meals	12, 70.6%
				Eat breakfast	11, 64.7%
				Avoid high fructose foods	
				Low FODMAP	7, 41.2%
				Avoid raw vegetables	
				Eliminate apples	
				Avoid lactose	6, 35.3%
				Increase water intake	
				Reduce sugar	5, 29.4%
				Avoid diet sodas	
				Avoid caffeine	

				Avoid spicy foods	
				Avoid gluten	4, 23.5%
				Avoid polyols	
				Avoid processed foods	
				Avoid salads	
				Avoid galactans	
				Eat oatmeal for breakfast	
				Increase fruits/vegetables	3, 17.6%
				Avoid pears	
				Avoid beans	
				Avoid beer	
				Avoid red meats	
				Add protein	
				Avoid cheese	
				Eat an earlier dinner	
				Avoid galactans	
				Avoid curry	2, 11.8%
				Eliminate dates	
				Eliminate cereal	
				Avoid fruits	
				Avoid protein powder	
				Eliminate mushrooms	
				Eliminate carbonation	
				Reduce protein	
				Eliminate blackberries	
				Decrease prepared foods	
				Avoid avocados	
				Avoid fructans	
				Avoid liquid breakfast	1, 5.9%
				Avoid oranges alone	
				Avoid diet coke	
				Avoid coffee alone	
				Avoid chocolate	
				Avoid popcorn	
				Add low-FODMAP fiber	
3 (M)	20	5.8 ± 2.0	35	Eat regular meals	9, 52.9%
				Avoid high-fat foods	8, 47.1%
				Avoid eating before bed	7, 41.2%
				Avoid wheat	
				Avoid lactose	6, 35.3%

				Decrease fructose	
				Avoid soy	
				Eat smaller meals	4, 23.5%
				Avoid sugar	
				Low FODMAP diet	
				Elimination diet	
				Eat breakfast	
				Avoid cruciferous foods	3, 17.6%
				Avoid eggs	
				Avoid caffeine	
				Avoid gluten	
				Avoid inulin	
				Avoid apples	
				Avoid avocados	2, 11.8%
				Avoid nuts	
				Avoid diet soda	
				Avoid beans	
				Avoid kind bars	
				Avoid corn	
				Avoid mushrooms	
				Cook vegetables	
				Avoid peas	
				Avoid carrots	1, 5.9%
				Avoid meats	
				Avoid oranges	
				Avoid citrus foods	
				Avoid alcohol	
				Avoid spicy foods	
				No clear relationship	
4 (D)	20	6.3 ± 2.6	37	Avoid lactose	
				Avoid fruits	8, 47.1%
				Avoid beans	
				Avoid raw vegetables	7, 41.2%
				Avoid greasy/fatty foods	
				Avoid soy	6, 35.3%
				Reduce protein bars	5, 29.4%
				Avoid alcohol	
				Avoid chamomile tea	4, 23.5%
				Avoid fructans	
				Avoid fructose	

				Avoid coffee	
				Reduce wheat	
				Avoid inulin	3, 17.6%
				Avoid kind bars	
				Avoid peanut butter	
				Avoid FODMAPs	
				Avoid carbonation	
				Avoid mushrooms	
				Smaller meals	2, 11.8%
				Avoid sugars	
				Increase protein	
				Avoid nuts	
				Elimination diet	
				Reduce dates	
				Avoid avocados	
				Avoid prunes	
				Avoid meats	
				Avoid dried fruits	
				Eat something with coffee	1, 5.9%
				Reduce yogurt	
				Reduce juices	
				Avoid spicy foods	
				Reduce carbohydrates	
				Avoid apples	
				Avoid galactans	
				Avoid pears	
5 (M)	20	5.8 ± 2.5	20	Avoid caffeine	12, 70.6%
				Decrease lactose	10, 58.8%
				Avoid gluten	
				Reduce wheat	9, 52.9%
				Reduce fruits (citrus)	
				Avoid high fat foods	
				Avoid spicy foods	6, 35.3%
				Avoid chocolate	
				Low FODMAP diet	
				Reduce fructans	
				Reduce alcohol	
				Avoid lactose	4, 23.5%
				Avoid soy	
				No clear relationship	

				Eat smaller meals	2, 11.8%
				Reduce eggs	
				Avoid nuts	
				Reduce fructose	1, 5.9%
				Avoid beans	
				Avoid onions	
6 (M)	30	2.1 ± 0.9	10	Avoid high-fat foods	8, 47.1%
				Low FODMAP diet	7, 41.2%
				Not related to foods	6, 35.3%
				Eat smaller meals	5, 28.4%
				Avoid alcohol	3, 17.6%
				Avoid gluten	
				Increase fiber	
				Avoid caffeine	2, 11.8%
				Avoid sweets	
				Avoid cheerios	
7 (D)	7	4.6 ± 0.9	15	Increase water intake	17, 100%
				Regular meal pattern	16, 94.1%
				Low FODMAP	16, 94.1%
				Increase fiber	16, 94.1%
				Reduce sugars	
				Decrease fruits	2, 11.8%
				Eat more vegetables/fruit	
				Increase calories	
				Increase protein	
				Substitute sugars	
				Decrease nuts	1, 5.9%
				Avoid alcohol	
				Avoid processed foods	
				Reduce wheat/gluten	
				Decrease apples	
8 (D)	15	3.2 ± 1.6	15	Low FODMAP	13, 76.5%
				Avoid fructose	11, 64.7%
				Avoid high fat foods	9, 52.9%
				Avoid oligosaccharides	5, 29.4%
				Avoid alcohol	
				Avoid fructans	3, 17.6%
				Avoid caffeine	
				Avoid gluten	2, 11.8%

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Avoid high-fiber foods	
Avoid soy	
Avoid lactose	
Avoid nuts	1, 5.9%
Eat smaller meals	
Avoid honey	
No consistent pattern	

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FODMAP = fermentable oligo-di-monosaccharides and polyols

&Type of Provider (M = Medical Provider; D = Dietitian)