

Supplementary Materials

Table S1. Dietary indices, intestinal inflammation and gastrointestinal symptoms per disease activity status for inflammatory bowel disease.

	Remission (<i>n</i> = 158)		Active disease (<i>n</i> = 80)		p-Value
DHD-2015	71.15 ± 16.72	(<i>n</i> = 158)	64.74 ± 15.38	(<i>n</i> = 80)	0.004
ADII	-0.055 ± 2.107	(<i>n</i> = 158)	0.263 ± 2.932	(<i>n</i> = 80)	0.390
Calprotectin (µg/g)	42.6 ± 50.7	(<i>n</i> = 137)	491.5 ± 627.4	(<i>n</i> = 72)	<0.001
GSRS					
Abdominal pain	2.0 ± 0.9	(<i>n</i> = 55)	2.3 ± 1.1	(<i>n</i> = 25)	0.097
Constipation syndrome	1.7 ± 1.0	(<i>n</i> = 52)	2.2 ± 1.1	(<i>n</i> = 25)	0.102
Diarrhoea syndrome	2.4 ± 1.4	(<i>n</i> = 53)	3.3 ± 1.5	(<i>n</i> = 24)	0.013
Indigestion syndrome	2.6 ± 1.0	(<i>n</i> = 55)	3.1 ± 1.5	(<i>n</i> = 25)	0.193
Reflux syndrome	1.4 ± 0.7	(<i>n</i> = 55)	1.5 ± 0.8	(<i>n</i> = 25)	0.525

DHD-2015 = Dutch Healthy Diet index 2015; ADII = Adapted Dietary Inflammatory Index; GSRS = Gastrointestinal Symptom Rating Scale.

Continuous data expressed as mean ± standard deviation (SD). Difference between phenotypes was tested with two-sample t-test.

Table S2. Dietary indices, intestinal inflammation and gastrointestinal symptoms per inflammatory bowel disease phenotype.

	Crohn's disease (<i>n</i> = 156)		Ulcerative colitis (<i>n</i> = 82)		p-Value
DHD-2015	65.47 ± 15.94	(<i>n</i> = 156)	75.71 ± 15.61	(<i>n</i> = 82)	<0.001
ADII	0.193 ± 2.53	(<i>n</i> = 156)	-0.217 ± 2.18	(<i>n</i> = 82)	0.214
Calprotectin (µg/g)	199.3 ± 411.5	(<i>n</i> = 136)	193.4 ± 455.6	(<i>n</i> = 73)	0.924
GSRS					
Abdominal pain	2.1 ± 0.9	(<i>n</i> = 51)	2.0 ± 1.0	(<i>n</i> = 29)	0.507
Constipation syndrome	2.0 ± 1.2	(<i>n</i> = 48)	1.6 ± 0.8	(<i>n</i> = 29)	0.053
Diarrhoea syndrome	2.9 ± 1.6	(<i>n</i> = 48)	2.3 ± 1.2	(<i>n</i> = 29)	0.047
Indigestion syndrome	2.8 ± 1.2	(<i>n</i> = 51)	2.6 ± 1.2	(<i>n</i> = 29)	0.487
Reflux syndrome	1.5 ± 0.9	(<i>n</i> = 51)	1.3 ± 0.6	(<i>n</i> = 29)	0.272

DHD-2015 = Dutch Healthy Diet index 2015; ADII = Adapted Dietary Inflammatory Index; GSRS = Gastrointestinal Symptom Rating Scale.

Continuous data expressed as mean ± standard deviation (SD). Difference between phenotypes was tested with two-sample t-test.

Table S3. Intestinal inflammation and gastrointestinal symptoms per irritable bowel syndrome subtype.

	IBS-C (<i>n</i> = 56)		IBS-D (<i>n</i> = 93)		IBS-M (<i>n</i> = 103)		p-Value
DHD-2015	73.39 ± 15.41	(<i>n</i> = 56)	72.41 ± 17.30	(<i>n</i> = 93)	70.53 ± 16.76	(<i>n</i> = 103)	0.541
ADII	-0.133 ± 2.483	(<i>n</i> = 56)	0.142 ± 2.770	(<i>n</i> = 93)	0.113 ± 2.221	(<i>n</i> = 103)	0.786
Calprotectin (µg/g)	59.0 ± 56.5	(<i>n</i> = 17)	46.3 ± 61.8	(<i>n</i> = 33)	85.9 ± 114.1	(<i>n</i> = 37)	0.163
GSRs							
Abdominal pain	3.4 ± 1.1	(<i>n</i> = 56)	3.3 ± 1.3	(<i>n</i> = 92)	3.4 ± 1.3	(<i>n</i> = 101)	0.801
Constipation syndrome	4.4 ± 1.3	(<i>n</i> = 56)	2.6 ± 1.0	(<i>n</i> = 91)	3.5 ± 1.2	(<i>n</i> = 101)	<0.001
Diarrhoea syndrome	2.2 ± 1.1	(<i>n</i> = 56)	3.9 ± 1.5	(<i>n</i> = 91)	3.5 ± 1.4	(<i>n</i> = 102)	<0.001
Indigestion syndrome	4.2 ± 1.2	(<i>n</i> = 55)	4.1 ± 1.4	(<i>n</i> = 92)	4.2 ± 1.3	(<i>n</i> = 101)	0.994
Reflux syndrome	2.4 ± 1.5	(<i>n</i> = 56)	2.1 ± 1.3	(<i>n</i> = 92)	2.2 ± 1.4	(<i>n</i> = 101)	0.321

IBS = irritable bowel syndrome; IBS-C = constipation predominant IBS; IBS-D = diarrhoea predominant IBS; IBS-M = mixed stool pattern IBS; DHD-2015 = Dutch Healthy Diet index 2015; ADII = Adapted Dietary Inflammatory Index; GSRs = Gastrointestinal Symptom Rating Scale.

Difference between subtypes was tested with ANOVA and post-hoc Bonferroni correction. Unspecified subtype IBS (IBS-U) was not included in this comparison due to the small sample size (*n* = 9).