

AUTHOR	DESIGN	INTERVENTION	FINDINGS
Staudacher et al., 2011; United Kingdom [56]	Non-randomised comparative study – LFD vs standard (NICE) diet.	Study compared symptoms of consecutive patients who attended a dietetic outpatients clinic for review following dietetic advice regarding either a low FODMAP diet (n=43) or the NICE guidelines diet (n=39).	More patients in the LFD group were satisfied with their symptoms, compared to advice based on NICE guidelines; 76% versus 54%, p=0.038.
Ramakrishnan et al., [179]	Adults with lactose intolerance (n=25) and ‘lactose maldigesters’ (n=8)	IBS patients received LFD (n=33) or traditional advice (n=34) for 4-weeks. NICE guidelines dietary advice included to: <ul style="list-style-type: none">• Eat regular meals• Avoid large meals• Reduce intake of fat, insoluble fiber, caffeine and ‘gas-producing’ foods (e.g. beans, cabbage, onions)	IBS symptom severity reduced in both groups (p<.0001), with no difference between the groups (p=0.62). The study has been criticised for excluding high FODMAP foods from the NICE guidelines diet.
Eswaran et al., 2016; United States of America [57]	RCT comparing LFD vs modified traditional (NICE) advice.	IBS-D patients randomised to LFD (n=45) or modified NICE diet (n=39) for 4-weeks. mNICE diet group advised to: <ul style="list-style-type: none">• Eat small frequent meals• Avoid trigger foods• Avoid excess alcohol + caffeine Not specifically advised to restrict FODMAP intake.	Adequate symptom relief reported in 52% on LFD vs 41% on the modified NICE diet (p=0.31). Abdominal pain, bloating, and the consistency, frequency and urgency of bowel motions more likely to improve after dietetic advice regarding a LFD compared to a modified NICE diet
Clevers et al., 2020; Sweden [165]	Post hoc analysis of a previous RCT.	IBS patients received LFD (n=33) vs traditional advice (n=33) for 4-weeks.	On both diets: <ul style="list-style-type: none">• Adherence was good• Energy intake fell• Better adherence associated with better symptom response
Boradyn et al., 2020 [166]	LFD Vs NICE guidelines diet in children with functional abdominal pain (FAP).	Children with FAP (n=27) randomized to LFD or the NICE guidelines diet for 4 weeks.	No change in abdominal pain or stool consistency on the LFD, but improvements in both on the NICE guidelines diet.