

Supplementary Table 1. High-prebiotic diet: List of prebiotic-rich foods, serves per day, and serving sizes

Food group	Serves	Food item*	Serving size**
<i>Vegetables</i>	<i>2/day</i>	Artichoke, globe head	½ small
		Artichoke, Jerusalem	1 piece, 50 g
		Asparagus	4 spears
		Beetroot	1 baby, 2 rings
		Broccoli	½ cup
		Cabbage, raw	½ cup
		Chicory root, raw	½ cup
		Dandelion greens	½ cup
		Fennel, bulb	½ cup
		Garlic	1 clove
		Kale, raw	1 packed cup
		Parsnip or kohlrabi	½ cup
		Onion, leek, shallot, or spring onion	¼ cup
		Peas, green or snow	½ cup
		Sweetcorn	½ cup kernels, or 1 cob
<i>Legumes</i>	<i>1/day</i>	Beans, baked	½ cup
		Beans, red kidney or borlotti or lima or haricot, cooked	½ cup
		Beans, mixed, cooked	½ cup
		Beans, soy or edamame, cooked	½ cup
		Chickpeas, including hummus, cooked	½ cup
		Falafel	4 small balls
		Lentil or bean burger patties	½ patty
		Lentils, cooked	½ cup
		Split peas, cooked	½ cup
<i>Fruit</i>	<i>1/day</i>	Blueberries	½ cup
		Cherries	1/3 cup
		Currant, red	½ cup
		Dried fruit, i.e., figs, dates	2 figs, or 4 dates
		Grapefruit	½ fruit
		Melon: watermelon or honeydew	1 thick slice
		Nectarine	1 med
		Peach, white	1 med
		Persimmon	1 med
		Pomegranate	½ small
		Rambutan	4 pieces
		Tamarillo	2 tamarillos
		Banana	1 small
<i>Grains</i>	<i>2/day</i>	Biscuit, rye crispbread	1 piece

	Bread, wholewheat or rye	1 slice, ½ roll
	Cereal, All-Bran	½ cup
	Cereal, oats	½ cup dry, 1 cup cooked
	Cereal, wholegrain, e.g., Sustain, flaked barley	1 cup
	Cereal, Weet-bix	1 cup, or 3 biscuits
	Corn thins, plain	2 pieces
	Couscous, cooked	1 cup
	Muesli	1/3 cup
	Muesli bar, plain with dried fruit	1 bar
	Pasta, gnocchi, or wheat noodles, cooked	1 cup
	Wheat berries, barley, or rye, raw	1/3 cup
<i>Nuts</i>	<i>1/day</i>	
	Cashews or almonds	20 nuts or 1 Tbsp nut butter
	Pistachios	30 nuts or 1 Tbsp nut butter
	Walnuts	15 nuts or 1 Tbsp nut butter

* Food list adapted from Monash University High Fibre High-Prebiotic Diet, (Biesiekierski et al., 2011), (Muir et al., 2009), and (Muir et al., 2007);

** Serving sizes adapted from CNAQ food frequency questionnaire and Monash University FODMAP Diet mobile application.

References

- Biesiekierski, J., Rosella, O., Rose, R., Liels, K., Barrett, J., Shepherd, S., et al. (2011). Quantification of fructans, galacto-oligosaccharides and other short-chain carbohydrates in processed grains and cereals. *Journal of Human Nutrition and Dietetics* 24(2), 154-176.
- Muir, J.G., Rose, R., Rosella, O., Liels, K., Barrett, J.S., Shepherd, S.J., et al. (2009). Measurement of short-chain carbohydrates in common Australian vegetables and fruits by high-performance liquid chromatography (HPLC). *Journal of Agricultural and Food Chemistry* 57(2), 554-565.
- Muir, J.G., Shepherd, S.J., Rosella, O., Rose, R., Barrett, J.S., and Gibson, P.R. (2007). Fructan and free fructose content of common Australian vegetables and fruit. *Journal of Agricultural and Food Chemistry* 55(16), 6619-6627.