**Supplementary Material Table 2. Grams consumed of each food and water overall and by group**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Overall | | Group 1 | | Group 2 | | Group 3 | | Group 4 | | Group 5 | | Group 6 | |
|  | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD |
| Groundnutsa | 74.9 | 39.8 | 91.9 | 34.8 | 71.1 | 38.9 | 75.8 | 55.1 | 70.2 | 46.7 | 60.9 | 25.3 | 80.2 | 29.5 |
| Bananasb | 156.4 | 61.4 | 180.7 | 60.7 | 175.7 | 58.9 | 138.2 | 56.1 | 147.5 | 73.7 | 153.7 | 58.3 | 141.9 | 56.6 |
| *Nsima* | 540.2 | 204.6 | 533.9 | 188.3 | 479.6 | 261.4 | 638.7 | 224.4 | 541.6 | 166.3 | 509.5 | 215.3 | 537.7 | 147.3 |
| Bean stewc | 183 | 100.4 | 167.3 | 112.6 | 151.9 | 89.8 | 226.3 | 131.8 | 207.5 | 92 | 161 | 85.5 | 180.4 | 66.9 |
| Vegetable stewd | 159.1 | 91.1 | 159.1 | 112.9 | 142.6 | 75.3 | 223.1 | 126.9 | 160.9 | 67.8 | 112.8 | 53.7 | 156.1 | 62.2 |
| Watere | 319 | 105.7 | 314.1 | 121.7 | 304.1 | 79.1 | 320.4 | 111.2 | 320.6 | 94.3 | 316.5 | 94.8 | 336.8 | 137.2 |

aTwo participants (one in Group 1, one in Group 2) did not eat groundnuts

bOne participant (Group 4) did not eat banana

cFour participants (one in Group 2, one in Group 5, two in Group 6) did not eat bean stew

dOne participant (Group 1) did not eat vegetable stew

eFour participants (two in Group 1, one in Group 2, one in Group 4) did not drink water