**Supplementary Figure 1: Box plot with a logarithmic scale showing the effect of processing methods on iron, zinc and vitamin B12 content of edible insects**

**Log (vitamin B12 (µg/100 g), iron and zinc (both mg/100 g)) vs. insect order**

**Processing method**

0.1

100

0.1

100

0.1

100

0.1

100

0.1

100

0.1

100

Air dried

Blanched

Blanched, bloated dry

Blanched, freeze dried

Blanched, microwave dried

Blanched, microwave dried with vacuum

Blanched, oven dried

Dried, method not specified

Freeze dried

Griddle dried

Microwave dried

Oven dried

Raw

Salted, boiled, sundried

Spray dried

Sun dried

Sun dried, boiled, oven dried

Sun dried, boiled, salted, oven dried

Sun dried, Freeze dried

Sun dried, fried, oven dried

Sun dried, oven dried

Toasted

Trader pre-dried, washed and sun dried, oven

dried

Vacuum dried

**Insect order**

Iron)

Zinc

Vitamin B12

**Log (iron, zinc and vitamin B12)**