

Supplemental Table 1.

Energy density, lipid and fatty acid contents of plant foods, savannah foods (meat: muscle, brain, bone marrow, liver and adipose tissue) and aquatic foods (fish [salt/fresh water, cold/tropical water, particular African lakes and rivers], eggs (from reptiles, birds, fish), crustaceans, cephalopoda, mammals, reptiles and birds (all muscle meat, for some liver and adipose tissue)).

	Energy (kJ/100 g)	Lipid (g/100 g)	ALA g%	EPA g%	DPA g%	DHA g%	LA g%	AA g%	SAFA g%	MUFA g%	PUFA g%	LA/ALA g/g	(EPA+DHA)/AA g/g	reference
Plant Food														
<i>Plant</i>														
Africa (45)														
Terrestrial leaves (14)		0.83	41.1				12.6		37.0	7.05	53.8	0.31		(21,36)
Seeds (11)		14.5	3.42			0.42	20.1		18.5	19.5	24.1	5.86		(20)
Nuts (4)		46.4	0.18				2.47		77.3	10.6	2.65	13.69		(36,45)
Roots/tubers (14)	325	1.66	9.02				22.5		35.3	32.3	31.5	2.49		(36,42,45)
Fruits (2)		9.86	1.01				13.7		34.5	50.8	14.7	13.52		(36,45)
World (788)														
Terrestrial leaves (20)	469	0.38	32.9	0.61	0.15	0.26	12.3	0.64	24.3	9.77	50.1	0.38	1.36	(19,23)
Vegetables (768)	699	4.99												(8)
mean	364	7.10	26.1	0.61	0.15	0.32	14.0	0.64	29.2	12.5	42.3	0.54	1.45	
Savannah Food														
<i>Muscle</i>														
Africa (11/51)	469	2.87	4.24	1.34	2.92	0.37	20.72	6.40	39.16	21.58	36.34	4.88	0.27	(11-16,36)
North-America (4/42)	456	2.50	3.39	2.16	2.88	1.31	13.76	6.52	34.78	24.42	26.55	4.06	0.53	(10)
Asia (2/2)	398	0.95	2.60				15.00		29.65	20.35	30.00	5.77		(37)
Australia (20/46)	419	1.51	2.26	1.32	2.23	1.89	22.87	10.41	30.90	25.39	43.39	10.14	0.31	(28,37)
mean (35/128)	436	1.96	3.12	1.61	2.68	1.19	18.09	7.78	33.62	22.94	34.07	6.21	0.37	
<i>Brain</i>														
North America (3/46)	528	9.10	0.20	0.04	0.63	9.26	0.69	5.74	31.78	27.63	21.98	3.51	1.62	(1,10)
<i>Marrow</i>														
Africa (5/17)	2044	51.0												(7)
North America (5/53)			1.59	0.00	0.00	0.00	2.40	0.00	23.23	64.06	6.04	1.51		(10)
Eaton (3)			0.86	0.08	0.06	0.07	7.08	0.16				8.23	0.94	(19)
mean (13/73)	2044	51.0	1.23	0.04	0.03	0.04	4.74	0.08	23.23	64.06	6.04	4.87	0.94	
<i>Liver</i>														
Africa (2/2)	666	7.10	4.55	0.95	4.85	2.00	13.50	9.35	36.30	22.35	36.95	2.97	0.32	(15-16)
Australia (4/10)	595	6.34	5.08	0.86	1.25	1.20	17.34	9.45	34.29	29.98	36.76	3.42	0.22	(28)
mean	631	6.72	4.81	0.91	3.05	1.60	15.42	9.40	35.29	26.16	36.86	3.19	0.27	
<i>Adipose tissue</i>														
Africa (7/18)	3120	82.3	4.19				4.87		51.05	27.19	12.76	1.16		(13-14,18)
Australia (5/11)	3262	86.1	5.63	0.01	0.14	0.05	9.63	0.25	37.41	46.69	15.90	1.71	0.26	(28)
North America (3/41)			1.27		0.01		1.85	0.01	63.67	28.88	3.96	1.45		(9)
mean (15/70)	3191	84.2	3.56	0.01	0.07	0.04	5.41	0.21	51.15	35.17	9.53	1.52	0.25	
Aquatic Food														
<i>Freshwater fish</i>														
Africa (47)														
Lake Kitangiri (4)			2.92	3.31	3.77	9.17	3.69	10.03	38.63	20.94	40.43	1.26	1.25	(26-27)
Lake Nyassa (15)	507	4.53	1.61	3.28	3.65	14.11	3.07	8.45	35.80	21.18	43.02	1.90	2.06	(26,27,34)
Lake Turkana (2)	431	2.45				16.05		7.65					2.10	(9)
Lake Victoria (28)			1.39	4.33	4.68	16.99	2.31	5.99	36.93	22.00	41.07	1.66	3.56	(26,27)
The river Nile (4)			0.98			12.90	2.28	7.95				2.33	1.62	(3)
mean	469	3.49	1.73	3.64	4.03	13.84	2.84	8.01	37.12	21.37	41.50	1.64	2.18	
Asia (20)		7.36	0.42	0.61		0.84	10.94	2.80						(35)
Australia (6)	536	5.30		2.68		5.75	3.62	2.68					3.14	(44)
Europe (6)	385	1.19	1.56	6.14		13.55	3.53	8.28				2.26	2.38	(33)
North America (22)	465	3.33	3.15	7.22		13.97	3.28	5.66				1.04	3.74	(3,25)
South America (24)	511	4.60	4.31	3.86		6.66	6.01	4.32				1.39	2.43	(4)
mean	474	3.61	3.01	4.98		9.98	4.11	5.24				1.36	2.86	
mean all freshwater	473	4.13	2.36	4.16		9.23	4.90	5.29				2.07	2.53	
<i>Saltwater fish</i>														
Africa (21)			0.60	6.57	3.18	19.33	1.81	9.67	37.21	15.49	47.30	3.01	2.68	(27)
Asia (33)	490	4.08	0.81	7.83		19.53	9.02	4.71				11.14	5.80	(22,31)
Australia (90)	406	1.73	1.12	5.66		23.13	1.26	6.75				1.13	4.27	(3,5,28,38,44)
Caribbean (12)			0.36	5.64		26.58	1.13	6.54				3.18	4.93	(26)
Europe (62)	477	3.66	1.37	7.78		18.23	2.63	2.97				1.92	8.74	(3,33,39)
South America (26)	544	5.56	2.15	9.56		21.81	1.74	5.22				0.81	6.01	(43)
mean	479	3.76	1.07	7.17		21.43	2.93	5.98				2.75	4.79	
mean fresh- and saltwater	476	3.94	1.72	5.67		15.33	3.92	5.63				2.28	3.73	
mean African fish	469	3.49	1.06	5.18	3.76	17.40	2.19	8.45	37.01	18.59	44.40	2.07	2.67	
Cold water fish (13)	377	0.91		9.91		36.44	0.45	6.20					7.48	(3)
Tropical water fish (27)	394	1.44		4.14		28.24	1.64	6.32					5.13	(3)
Not included food														
Insects (11)		15.0	2.0	0.07	0.0		18.1	1.77	33.4	49.91	16.25	8.87		(32,41)
Not included aquatic foods														
Seaweed/grass/algae (13)		1.40	13.5	9.60		5.00	5.8	4.50	45.8	11.1	43.5	0.43		(6,17,24,29)
Fish Roe (8)		7.55		7.68		17.03	1.70							(3,44)
Crustaceans/Cephalopods (43)	398	1.55	1.82	12.84		16.83	2.70	4.60				1.48	6.45	(2,3,22,27,28,30,44)
Mammals/Reptiles/Birds (5)		1.26	4.10	2.02		8.33	11.46	15.62				2.80	0.66	(28)
Eggs (Reptile/Bird) (3)		7.70	0.26	1.04		2.72	1.76	3.04				6.92	1.23	(28,40)
Liver (Mammals/Fish) (2)		34.55	1.75	4.05		5.75	3.00	13.80				1.71	0.71	(28,40)
Adipose tissue (Birds/Reptiles/Fish) (4)		83.33	4.45	2.45		2.90	7.85	7.53				1.76	0.71	(28,40)