

ONLINE SUPPLEMENTAL MATERIAL

TABLES:

Supplemental Table S1: Data sources for compiling information of nutrient content for foods in the Malagasy diet

References	Citations
US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 28.	101
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Edem, D.O., O.U. Eka, and E.T. Ifon. 1984. Chemical evaluation of the nutritive value of the raffia palm fruit. Food Chemistry 15(1): 9-17	1
Gobble, R., M. Taylor, and G. Lyons. 2010. Factsheet no. 10 chilli leaf. Australian Centre for International Agricultural Research.	1

The number of citations for each database used in the compilation of nutritional information for the 250 foods included in the daily household diet records. Citations include any time a database was used for nutritional information for a food, regardless of whether the source was the primary, secondary, tertiary, or quaternary source of nutritional information for that food.

Supplemental Table S2: List of food categories, and count of food items recorded in each category in the daily household diet records.

Food category	Count
Bananas	14
Beans	13
Beverages	2
Bread	9
Bush meat	22
Domestic meat/poultry	9
Dried seafood	5
Dried freshwater fish	1
Freshwater fish	5
Eggs	2
Fruits	30
Greens	33
Insects	6
Nuts	2
Palm hearts	28
Pasta	2
Rice	3
Seafood	5
Spices	2
Staples	8
Store-bought goods	7
Sugar	4
Vegetables	14
Wild birds	24
Total	250

Supplemental Table S3: Nutrient composition table created for northeastern Madagascar diet

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Table 1a. Nutrient composition database

ID	Variable	Malagasy Name	English Name	Category	Proxy? (1=yes, 0=no)	Notes on proxy	Energy, kcal	Protein Content (g)	Fat (g)	Carbohydrates (g)
1	fonmant	Fontsy manta	Banana (plantain), boiled	Bananas	0		89.00	1.10	0.30	22.80
2	lavrav	Lava ravina	Banana (plantain), boiled	Bananas	0		156.00	1.20	0.30	31.20
3	fonamb	Fontsy Ambarababoaka	Latundan Banana	Bananas	1	Traditional banana cooked	116.00	0.80	0.20	22.80
4	fonand	Fontsy andatra	Latundan Banana	Bananas	1	Traditional banana cooked	116.00	0.80	0.20	22.80
5	fonbit	Fontsy bitavia	Traditional banana	Bananas	1	Traditional banana cooked	116.00	0.80	0.20	22.80
6	fonkir	Fontsy kiriva	Banana (plantain) cooked	Bananas	1	Plantain, ripe, boiled	156.00	1.20	0.30	31.20
7	fonla	Fontsy lahy	Banana (plantain) cooked	Bananas	1	Plantain, ripe, boiled	156.00	1.20	0.30	31.20
8	fonmak	Fontsy makoa	Red Banana	Bananas	1	Traditional banana cooked	116.00	0.80	0.20	22.80
9	fonrav	Fontsy malamaravina	Latundan Banana	Bananas	1	Traditional banana cooked	116.00	0.80	0.20	22.80
10	fontsam	Fontsy tsameroa	Banana (plantain)	Bananas	1	Plantain, ripe, boiled	156.00	1.20	0.30	31.20
11	font sami	Fontsy tsaminambona	Banana (plantain)	Bananas	1	Plantain, ripe, boiled	156.00	1.20	0.30	31.20

	Variable	Malagasy Name	English Name	Category	Proxy? (1=yes, 0=no)	Notes on proxy	Energy, kcal	Protein Content (g)	Fat (g)	Carbohydrates (g)
12	fontsiam	Fontsy tsiambotsihiva	Banana (plantain)	Bananas	1	Plantain, ripe, boiled	156.00	1.20	0.30	31.20
13	fontsil	Fontsy lilaka	Banana (plantain)	Bananas	1	Plantain, ripe, boiled	156.00	1.20	0.30	31.20
14	varfon	Vary sy fontsy	Rice and banana mixture	Bananas	1	Assumed even weight of traditional banana and rice and averaged the nutritional composition of those two.	125.50	1.90	0.50	29.80
15	har	Haricot	Kidney beans	Beans	0		127.00	8.70	0.50	22.80
16	lojo	Lojo	Cowpeas, boiled	Beans	0		137.00	8.60	0.50	22.30
17	pista	Pistaches	Peanuts	Beans	0		333.00	15.00	22.01	21.26
18	voabor	Voanjobory	Chickpeas	Beans	0		164.00	8.90	2.60	27.40
19	antsot	Antsotry	Type of beans	Beans	1	Green bean, boiled without salt	166.00	11.40	0.70	19.70
20	antvong	Antidahivondraka	Type of beans	Beans	1	Weighted average: cowpeas, kidney, mung, lima beans	119.00	7.81	0.42	20.78
21	bethaz	Betanihazo	Type of beans	Beans	1	Cowpeas, boiled without salt	96.99	3.20	0.50	22.30
22	grop	Gros pois	Type of beans	Beans	1	Lima beans	115.00	7.80	0.38	20.88

	Variable	Malagasy Name	English Name	Category	Proxy? (1=yes, 0=no)	Notes on proxy	Energy, kcal	Protein Content (g)	Fat (g)	Carbohydrates (g)
23	telvo	Telovolana	Type of beans	Beans	1	Cowpeas, boiled without salt	96.99	3.20	0.50	22.30
24	tsias	Tsiasisa	Type of beans	Beans	1	Mung beans, boiled, without salt	105.00	7.02	0.38	19.15
25	vam	Vamaho	Black sesames	Beans	1	Sesame seed, unspecified white or black	573.00	17.70	49.70	23.50
26	voamai	Voamaina	Beans (not specified)	Beans	1	Kidney beans (mature, boiled, without salt)	127.00	8.70	0.50	22.80
27	voatsi	Voantsiroko	Type of beans	Beans	1	Cowpeas, boiled without salt	96.99	3.20	0.50	22.30
28	cafe	Café	Coffee, with milk, without sugar	Beverages	0		11.50	1.30	1.60	0.20
29	ronon	Ronono	Milk, cow, whole, fresh	Beverages	0		60.00	3.20	3.30	4.50
30	mofvar	Mofa vary	Rice bread	Bread	0		239.10	2.20	7.50	41.10
31	beig	Beignets	Doughnuts	Bread	1	Wheat, dough, deep fried	317.00	7.20	7.70	53.40
32	belar	Belaro	Type of bread	Bread	1	English muffin	223.00	8.70	2.00	44.80
33	mofbok	Mofa bokety	Type of bread	Bread	1	Cassava flour	274.00	8.80	3.00	51.90
34	mofgas	Mofa gasy	Type of bread	Bread	1	Wheat, dough, deep fried	317.00	7.20	7.70	53.40
35	mofo	Mofa	Bread	Bread	1	Sourdough bread	273.00	8.60	6.30	46.00

	Variable	Malagasy Name	English Name	Category	Proxy? (1=yes, 0=no)	Notes on proxy	Energy, kcal	Protein Content (g)	Fat (g)	Carbohydrates (g)
59	varkan	Varikandavaka	Lepilemur sp.	Bushmeat	1	Hapalemur griseus	138.30	23.1	4.38	0.00
60	vontsi	Vontsira	Ring-tailed mongoose	Bushmeat	1	Weighted average of all bushmeat	135.98	18.919	4.38	0.00
61	bol	Bolety	Ground beef	Domestic meat/poultry; pork/beef	0		212.00	27.80	11.20	0.00
62	henam	Henandambo	Pork	Domestic meat/poultry; pork/beef	0		550.00	28.90	52.70	0.00
63	henom	Henanomby	Beef	Domestic meat/poultry; pork/beef	0		209.00	36.20	7.20	0.00
64	angozy	Angozy	Zebu skin and fat (indicine cattle, humped cattle, Brahman)	Domestic meat/poultry; pork/beef	1	Beef, subcutaneous fat, cooked	731.00	6.50	78.30	0.00
65	draki	Drakidraky	Duck, domesticated, meat and skin, cooked, roasted	Domestic meat/poultry; poultry	0		337.00	18.99	28.35	0.00
66	kolok	Kolokoloko	Turkey	Domestic meat/poultry; poultry	0		189.00	28.55	7.39	0.06
67	sadok	Sadoko	Duck	Domestic meat/poultry; poultry	0		337.00	18.99	28.35	0.00
68	voran	Vorondrano	Duck	Domestic meat/poultry; poultry	0		337.00	18.99	28.35	0.00
69	ako	Akoho	Chicken	Domestic meat/poultry	1	Chicken, dark meat	268.00	22.00	20.00	0.00

	Variable	Malagasy Name	English Name	Category	Proxy? (1=yes, 0=no)	Notes on proxy	Energy, kcal	Protein Content (g)	Fat (g)	Carbohydrates (g)
70	lkmama	Laoko ranomamy maina	Freshwater fish	Freshwater fish	0		335.00	58.60	9.40	0.00
71	ormain	Orana maina	Dried shrimp	Dried seafood	0		301.00	55.80	2.40	13.10
72	ankor	Anankorana	Dried white shrimp	Dried seafood	1	(Palaemon spp; Penaeus sp.)	316.00	69.10	4.00	1.00
73	lkmasma	Laoko ranomasina maina	Dried saltwater fish	Dried seafood	1	Fish, dried, cod	368.00	79.80	3.20	0.00
74	patasa	Patsa	Dried red shrimp	Dried seafood	1	(Palaemon spp; Penaeus sp.)	316.00	69.10	4.00	1.00
75	lksir	Laoko sira	Salted fish (typically larger fish)	Dried seafood	1	Dried saltwater fish	368.00	79.80	3.20	0.00
76	atako	Atody akoho	Chicken egg, fried	Eggs	0		245.00	11.80	21.60	1.00
77	atovor	Atody vorona	Duck eggs	Eggs	0		185.00	12.81	13.77	1.45
78	lkmaml	Laoko ranomamy legny	Freshwater fish	Freshwater fish	0		84.00	14.80	2.30	0.00
79	amal	Amalona	Eel	Freshwater fish	1	Anguilla spp. (river eels), cooked, 50% fat/50% lean	244.50	15.00	20.00	0.00
80	anvil	Anvil	Freshwater fish	Freshwater fish	1	Small, freshwater fish	84.00	14.80	2.30	0.00
81	foza	Foza	Crab, freshwater	Freshwater fish	1	Potamon potamios (lake crab)	85.00	13.94	0.67	0.60
82	sambern	Sambireny	Freshwater fish	Freshwater fish	1	Fish, small, freshwater	84.00	14.80	2.30	0.00
83	akoh	Akohorano	Seasoning	Fruits	0		0.00	0.00	0.00	0.00

	Variable	Malagasy Name	English Name	Category	Proxy? (1=yes, 0=no)	Notes on proxy	Energy, kcal	Protein Content (g)	Fat (g)	Carbohydrates (g)
84	ampal	Ampalibe	Jackfruit, raw	Fruits	0		94.00	1.50	0.30	24.00
85	ampil	Ampilimosy	Grapefruit	Fruits	0		33.00	0.70	0.10	8.40
86	coros	Corossol	Soursop, raw	Fruits	0		66.00	1.00	0.30	16.80
87	gavb	Gavobe	Guava	Fruits	0		56.86	1.10	0.40	15.30
88	letch	Letchi	Lychee	Fruits	0		78.00	0.80	0.40	16.90
89	makob	Makoba	Asian apple	Fruits	0		45.00	0.60	0.20	10.10
90	manas	Manasy	Pineapple	Fruits	0		48.00	0.50	0.10	12.60
91	manga	Manga	Mango	Fruits	0		65.00	0.50	0.30	17.00
92	pm	Paoma	Apple	Fruits	0		52.00	0.20	0.20	13.80
93	samab	Samabia	Type of fruit	Fruits	0		22.00	1.00	0.40	4.50
94	vapmas	Vapaza masaka	Ripened papaya	Fruits	0		39.00	0.60	0.10	9.80
95	voahg	Raonjy	Orange	Fruits	0		47.00	0.90	0.10	11.80
96	voaraf	Voandrafia	Raffia tree fruit	Fruits	0		380.00	6.10	6.12	61.40
97	zano	Zano	Custard apple	Fruits	0		78.60	1.70	0.60	15.80
98	zavok	Zavoka	Avocado	Fruits	0		160.00	2.00	14.70	8.50
99	mangvz	Mangambazaha	Type of fruit	Fruits	1	Mango	65.00	0.50	0.30	17.00
100	matbar	Matohabaratra	Type of fruit	Fruits	1	Weighted average of all fruits	91.94	1.20	6.12	10.14
101	sakoan	Sakoana	Plum of Cythera, apple kythira, tree Kythera	Fruits	1	Weighted average of all fruits	91.94	1.20	6.12	10.14
102	tomat	Tomate	Tomato, ripe	Fruits	1	Fresh, red, roma tomato	18.00	0.88	0.20	3.89
103	tsamkob	Tsaminakoba	Type of fruit	Fruits	1	Weighted average of all fruits	91.94	1.20	6.12	10.14
104	vanok	Vanonoka	Type of fruit	Fruits	1	Weighted average of all fruits	91.94	1.20	6.12	10.14

	Variable	Malagasy Name	English Name	Category	Proxy? (1=yes, 0=no)	Notes on proxy	Energy, kcal	Protein Content (g)	Fat (g)	Carbohydrates (g)
117	anmen	Anamena	Red Amaranth leaves, raw	Greens	0		33.00	2.46	0.33	4.02
118	anreb	Anantsirebika	Squash leaves	Greens	0		19.00	3.15	0.40	2.33
119	ansakay	Anantsakay	Leaves of pili pili peppers	Greens	0		40.00	2.00	0.20	9.00
120	antsaho	Anantsahono	Taro leaves, cooked	Greens	0		22.00	5.00	0.70	6.70
121	anvap	Anana vapaza	Papaya leaves	Greens	0		90.34	8.00	0.40	4.90
122	belap	Belapotrika	Amaranth, leaves, raw	Greens	0		23.00	4.50	0.50	8.50
123	ravtsos	Ravina tsosoty	Chayote leaves	Greens	0		60.00	4.00	0.40	4.70
124	ravzah	Ravinambazaha	Cassava leaves	Greens	0		27.95	3.00	0.20	7.30
125	anab	Anambe	Type of greens	Greens	1	Bok Choy, raw	13.00	1.50	0.20	2.18
126	anan	Anana	General term for greens	Greens	1	Weighted average of all greens	36.98	3.37	0.38	6.51
127	anbaml	Anamabala	Type of greens	Greens	1	Weighted average of all greens	36.98	3.37	0.38	6.51
128	anbon	Ananabontro	Type of greens	Greens	1	Weighted average of all greens	36.98	3.37	0.38	6.51
129	angid	Anangidy	Type of greens	Greens	1	Weighted average of all greens	36.98	3.37	0.38	6.51
130	angis	Anangisa	Type of greens	Greens	1	Weighted average of all greens	36.98	3.37	0.38	6.51
131	anjf	Ananjofa	Type of greens	Greens	1	Weighted average of all greens	36.98	3.37	0.38	6.51

	Variable	Malagasy Name	English Name	Category	Proxy? (1=yes, 0=no)	Notes on proxy	Energy, kcal	Protein Content (g)	Fat (g)	Carbohydrates (g)
132	anlao	Anamafana	Toothache plant, jambu, spot plant	Greens	1	Weighted average of all greens	36.98	3.37	0.38	6.51
133	anpats	Anampatsy	Type of greens	Greens	1	Weighted average of all greens	36.98	3.37	0.38	6.51
134	antarik	Anantarika	Type of greens	Greens	1	Weighted average of all greens	36.98	3.37	0.38	6.51
135	antsal	Anantsalepo	Type of greens	Greens	1	Weighted average of all greens	36.98	3.37	0.38	6.51
136	antsek	Anantsenko	Wild ferns	Greens	1	Fiddlehead ferns	34.00	4.55	0.40	0.54
137	antsid	Anantsindra	White nightshade	Greens	1	Nightshade, Ethiopian (Solanum aethiopicum), fruit	32.00	1.50	0.10	7.20
138	antsinah	Anantsinahy	Type of greens	Greens	1	Weighted average of all greens	36.98	3.37	0.38	6.51
139	antsir	Anantsiriry	Rice paddy clovers	Greens	1	Weighted average of all greens	36.98	3.37	0.38	6.51
140	antsom	Anantsonga	Type of greens	Greens	1	Weighted average of all greens	36.98	3.37	0.38	6.51
141	fela	Felagna	Flowers from Hesikesika	Greens	1	Weighted average of all greens	36.98	3.37	0.38	6.51
142	pets	Petsay	Turnip greens	Greens	1	Brassica rapa: Turnip greens, raw	32.00	1.50	0.30	7.13

	Variable	Malagasy Name	English Name	Category	Proxy? (1=yes, 0=no)	Notes on proxy	Energy, kcal	Protein Content (g)	Fat (g)	Carbohydrates (g)
143	ravhets	Ravina hetsika	Type of greens	Greens	1	Weighted average of all greens	36.98	3.37	0.38	6.51
144	raving	Ravina angivy	Type of greens	Greens	1	Weighted average of all greens	36.98	3.37	0.38	6.51
145	solof	Solofoko	Type of greens (like hesikesika but wild forest version)	Greens	1	Weighted average of all greens	36.98	3.37	0.38	6.51
146	voant	Voantandroka	Rhinoceros beetle	Insects	0	Rhinoceros beetle adult	192.00	27.10	3.70	11.20
147	ankantel	Ankaninantely	Fresh honeycomb	Insects	1	Honey, raw	304.00	0.30	0.00	82.30
148	lafa	Lafa	Beetle larvae	Insects	1	Rhinoceros beetle adult	192.00	27.10	3.70	11.20
149	lafbit	Lafa bitay	Rhinoceros beetle grub	Insects	1	Rhinoceros beetle adult	192.00	27.10	3.70	11.20
150	lafoh	Lafa fohy	Beetle larvae	Insects	1	Rhinoceros beetle adult	192.00	27.10	3.70	11.20
151	tsibo	Tsibobona	No common name	Insects	1	Cybister sp.	192.00	27.10	3.70	11.20
152	voan	Voanio	Coconut	Nuts	0		70.00	0.50	3.40	10.00
153	vakor	Vakoromanga	Type of nut	Nuts	1	Peanuts, all types, boiled, with salt	318.00	13.50	22.01	21.26
154	ambavaka	Hovotra	Palm hearts (unspecified type)	Palm hearts	0		115.00	2.70	0.20	25.61
155	hov	Hovotra	Palm hearts	Palm hearts	0		115.00	2.70	0.20	25.61
156	hovakom	Hovotra akombambo	Palm hearts	Palm hearts	0		115.00	2.70	0.20	25.61
157	hovala	Hovotra alanana	Palm hearts	Palm hearts	0		115.00	2.70	0.20	25.61
158	hovanvi	Hovotra anivogno	Palm hearts	Palm hearts	0		115.00	2.70	0.20	25.61

	Variable	Malagasy Name	English Name	Category	Proxy? (1=yes, 0=no)	Notes on proxy	Energy, kcal	Protein Content (g)	Fat (g)	Carbohydrates (g)
159	hovaram	Hovotra ramironkona	Palm hearts	Palm hearts	0		115.00	2.70	0.20	25.61
160	hovbak	Hovotra bakoko	Palm hearts	Palm hearts	0		115.00	2.70	0.20	25.61
161	hovbor	Hovotra boresy	Palm hearts	Palm hearts	0		115.00	2.70	0.20	25.61
162	hovdana	Hovotra hadanadana	Palm hearts	Palm hearts	0		115.00	2.70	0.20	25.61
163	hovfan	Hovotra	Palm hearts	Palm hearts	0		115.00	2.70	0.20	25.61
164	hovfnmar	Hovotra fontsy maroa	Palm hearts	Palm hearts	0		115.00	2.70	0.20	25.61
165	hovfonlah	Hovotra fontsy lahy	Palm hearts	Palm hearts	0		115.00	2.70	0.20	25.61
166	hovhonk	Hovotra honkona	Palm hearts	Palm hearts	0		115.00	2.70	0.20	25.61
167	hovhsn	Hovotra hasina	Palm hearts	Palm hearts	0		115.00	2.70	0.20	25.61
168	hovjav	Hovotra javavy	Palm hearts	Palm hearts	0		115.00	2.70	0.20	25.61
169	hovlav	Hovotra lavavozona	Palm hearts	Palm hearts	0		115.00	2.70	0.20	25.61
170	hovlavm	Hovotra lavamboko	Palm hearts	Palm hearts	0		115.00	2.70	0.20	25.61
171	hovmaf	Hovotra mafaiky hely	Palm hearts	Palm hearts	0		115.00	2.70	0.20	25.61
172	hovmam	Hovotra mamy	Palm hearts	Palm hearts	0		115.00	2.70	0.20	25.61
173	hovmanra	Hovotra manarana	Palm hearts	Palm hearts	0		115.00	2.70	0.20	25.61
174	hovpalm	Hovotra palmier	Palm hearts	Palm hearts	0		115.00	2.70	0.20	25.61
175	hovraf	Hovotra rafia	Palm hearts	Palm hearts	0		115.00	2.70	0.20	25.61
176	hovrav	Hovotra ravina	Palm hearts	Palm hearts	0		115.00	2.70	0.20	25.61
177	hovsaror	Hovotra saroro	Palm hearts	Palm hearts	0		115.00	2.70	0.20	25.61
178	hovtsar	Hovotra tsaravoasira	Palm hearts	Palm hearts	0		115.00	2.70	0.20	25.61
179	hovtsik	Hovotra tsikorevana	Palm hearts	Palm hearts	0		115.00	2.70	0.20	25.61
180	hovvan	Hovotra vanio	Palm hearts	Palm hearts	0		115.00	2.70	0.20	25.61

	Variable	Malagasy Name	English Name	Category	Proxy? (1=yes, 0=no)	Notes on proxy	Energy, kcal	Protein Content (g)	Fat (g)	Carbohydrates (g)
200	hanbrk	Hanimbiroka	Unspecified type of root vegetable	Staples	1	Weighted average: cassava, yam, sweet potato, taro	139.33	1.80	0.23	32.59
201	ovdi	Ovy dia	Wild yams	Staples	1	Yam, boiled, without salt	85.29	2.70	0.20	28.90
202	farine	Farine	Flour	Store-bought goods	0		358.00	10.30	1.50	73.10
203	jumbo	Jumbo	Jumbo bouillon chicken stock cubes	Store-bought goods	0		170.00	17.30	4.00	16.10
204	manka	Mankafy	Seasoning	Store-bought goods	0		0.00	0.00	0.00	0.00
205	menk	Menaka	Palm oil	Store-bought goods	0		862.00	0.00	100.00	0.00
206	sostom	Sosy tomaty	Tomato paste	Store-bought goods	0		63.00	0.00	0.00	0.90
207	vingr	Vinaigre	Vinegar	Store-bought goods	0		19.00	0.00	0.00	0.30
208	siramam	Siramamy	Sugar	Store-bought goods; sugar	0		387.00	0.00	0.00	99.90
209	antel	Antely	Honey	Sugar	0		304.00	0.30	0.00	82.40
210	fary	Fary	Sugarcane	Sugar	0		26.00	0.00	0.00	6.80
211	ranpar	Ranopary	Sugarcane juice	Sugar	0		56.00	0.00	0.00	14.60
212	rononb	Ronono boite	Condensed milk, canned	Sugar	0		566.00	6.80	7.60	10.00
213	tongl	Tongolo	Onions	Vegetable	0		40.00	1.30	0.20	9.20
214	agiv	Angivy	African eggplant, type of nightshade	Vegetable	1	Nightshade, Ethiopian (Solanum aethiopicum), fruit	32.00	1.50	0.10	7.20

	Variable	Malagasy Name	English Name	Category	Proxy? (1=yes, 0=no)	Notes on proxy	Energy, kcal	Protein Content (g)	Fat (g)	Carbohydrates (g)
215	cucum	Cucumber	Cucumber, with peel, raw	Vegetables	0		15.00	0.70	0.10	3.60
216	karaot	Karaoty	Carrots	Vegetables	0		41.00	0.90	0.20	9.60
217	margz	Marigozy	Bitter melon, bitter gourd, bitter squash, balsam-pear	Vegetables	0		17.00	1.00	0.17	3.70
218	olatr	Olatra	Mushrooms	Vegetables	0		27.00	2.20	0.50	5.10
219	papang	Papangay	Loofa gourd, sponge gourd	Vegetables	0		45.00	4.10	0.20	4.00
220	patsol	Patrola	Loofa gourd, sponge gourd	Vegetables	0		45.00	4.10	0.20	4.00
221	sosot	Sosoty	Chayote, boiled	Vegetables	0		24.00	0.62	0.48	5.09
222	tsakolen	Tsakotsako legny	Fresh corn	Vegetables	0		96.00	3.46	1.50	20.98
223	tsireb	Daboira	Squash	Vegetables	0		20.00	0.90	0.30	4.30
224	vajb	Vajabo	Watermelon	Vegetables	0		21.98	0.40	0.20	7.60
225	ambarbanj	Ambarabanjina	Type of vegetable in cucumber family	Vegetables	1	Cucumber, with peel, raw	15.00	0.70	0.10	3.60
226	voangar			Vegetables	1	Chayote, boiled without salt	24.00	0.62	0.48	5.09
227	fine	Finengo	Dove	Wild birds	0		213.00	23.90	13.00	0.00
228	akanga	Akanga	Guinea Fowl	Wild birds	1	Guinea hen, meat and skin	158.00	23.40	6.45	0.00
229	ambos	Ambosanga	Type of wild bird	Wild birds	1	Weighted average of all wild birds	225.20	21.52	15.08	0.00
230	boeza	Boeza	Lesser vasa parrot	Wild birds	1	Weighted average of all wild birds	225.20	21.52	15.08	0.00

	Variable	Malagasy Name	English Name	Category	Proxy? (1=yes, 0=no)	Notes on proxy	Energy, kcal	Protein Content (g)	Fat (g)	Carbohydrates (g)
242	sob	Sobery	Type of wild bird	Wild birds	1	Weighted average of all wild birds	225.20	21.52	15.08	0.00
243	totor	Totoroka	Type of owl	Wild birds	1	Weighted average of all wild birds	225.20	21.52	15.08	0.00
244	triale	Tritrikiala	Type of wild bird	Wild birds	1	Weighted average of all wild birds	225.20	21.52	15.08	0.00
245	tsik	Tsikoza	Type of wild bird	Wild birds	1	Weighted average of all wild birds	225.20	21.52	15.08	0.00
246	tsir	Tsiriry	Type of wild bird	Wild birds	1	Weighted average of all wild birds	225.20	21.52	15.08	0.00
247	vorad	Vorona dy	Type of wild bird	Wild birds	1	Weighted average of all wild birds	225.20	21.52	15.08	0.00
248	vorb	Vorombe	Hawk	Wild birds	1	Weighted average of all wild birds	225.20	21.52	15.08	0.00
249	vorkah	Voronkahaka	Type of wild bird	Wild birds	1	Weighted average of all wild birds	225.20	21.52	15.08	0.00
250	vorts	Vorontsaina	Type of wild bird	Wild birds	1	Weighted average of all wild birds	225.20	21.52	15.08	0.00

ID	Saturated fatty acids (g)	Monosaturated fatty acids (g)	Polyunsaturated fatty acids (g)	Cholesterol (mg)	Fiber (g)	SUCs (g)	Vitamin A in retinol equivalents (µg)	Vitamin D (µg)	Vitamin E (tocopherol equivalents) (mg)
1	0.10	0.00	0.10	0.00	2.60	12.20	3.00	0.00	0.10
2	0.07	0.02	0.03	0.00	2.40	14.00	83.00	0.00	0.21
3	0.10	0.00	0.10	0.00	2.30	3.30	91.00	0.00	0.00
4	0.10	0.00	0.10	0.00	2.30	3.30	91.00	0.00	0.00
5	0.10	0.00	0.10	0.00	2.30	3.30	91.00	0.00	0.00
6	0.07	0.02	0.03	0.00	2.40	14.00	83.00	0.00	0.21
7	0.07	0.02	0.03	0.00	2.40	14.00	83.00	0.00	0.21
8	0.10	0.00	0.10	0.00	2.30	3.30	91.00	0.00	0.00
9	0.10	0.00	0.10	0.00	2.30	3.30	91.00	0.00	0.00
10	0.07	0.02	0.03	0.00	2.40	14.00	83.00	0.00	0.21
11	0.07	0.02	0.03	0.00	2.40	14.00	83.00	0.00	0.21
12	0.07	0.02	0.03	0.00	2.40	14.00	83.00	0.00	0.21
13	0.07	0.02	0.03	0.00	2.40	14.00	83.00	0.00	0.21
14	0.10	0.00	0.10	0.00	1.75	3.30	45.50	0.00	0.12
15	0.10	0.00	0.30	0.00	6.40	0.30	0.00	0.00	0.00
16	0.10	0.00	0.20	0.00	6.50	1.40	3.00	0.00	0.14
17	3.06	10.92	6.96	0.00	8.80	2.46	0.00	0.00	2.58
18	0.30	0.60	1.20	0.00	7.50	1.40	3.00	0.00	0.00
19	0.10	0.00	0.40	0.00	8.40	1.30	0.00	0.00	0.00
20	0.10	0.03	0.17	0.00	7.03	2.10	1.33	0.00	0.16
21	0.10	0.00	0.20	0.00	6.50	1.40	79.00	0.00	0.14
22	0.09	0.03	0.17	0.00	7.00	2.90	0.00	0.00	0.18
23	0.10	0.00	0.20	0.00	6.50	1.40	79.00	0.00	0.14

	Saturated fatty acids (g)	Monosaturated fatty acids (g)	Polyunsaturated fatty acids (g)	Cholesterol (mg)	Fiber (g)	SUCs (g)	Vitamin A in retinol equivalents (µg)	Vitamin D (µg)	Vitamin E (tocopherol equivalents) (mg)
24	0.12	0.05	0.13	0.00	7.60	2.00	1.00	0.00	0.15
25	7.00	18.80	21.80	0.00	16.90	0.70	1.00	0.00	2.00
26	0.10	0.00	0.30	0.00	6.40	0.30	0.00	0.00	0.00
27	0.10	0.00	0.20	0.00	6.50	1.40	79.00	0.00	0.14
28	1.00	0.50	0.00	5.80	0.00	0.00	22.60	0.00	0.00
29	1.90	0.80	0.20	10.00	0.00	5.30	28.00	0.00	0.10
30	6.30	0.50	0.20	0.00	1.00	13.40	0.00	0.00	0.10
31	1.10	1.70	4.40	0.00	1.90	0.30	0.00	0.00	0.00
32	0.29	0.28	0.83	0.00	4.60	1.56	0.00	0.00	0.45
33	0.20	0.20	0.20	0.00	3.60	2.20	14.00	0.00	0.00
34	1.10	1.70	4.40	0.00	1.90	0.30	0.00	0.00	0.00
35	1.50	3.11	1.11	51.90	3.80	1.63	0.00	0.00	0.36
36	1.50	3.11	1.11	51.90	3.80	1.63	0.00	0.00	0.36
37	1.25	0.15	0.15	0.00	1.75	1.70	45.50	0.00	0.12
38	1.50	3.11	1.11	51.90	3.80	1.63	0.00	0.00	0.36
39	1.30	1.71	0.64	77.00	0.00	0.00	0.00	0.00	0.38
40	1.30	1.71	0.64	77.00	0.00	0.00	0.00	0.00	0.38
41	1.30	1.71	0.64	77.00	0.00	0.00	0.00	0.00	0.38
42	1.30	1.71	0.64	77.00	0.00	0.00	0.00	0.00	0.38
43	1.30	1.71	0.64	77.00	0.00	0.00	0.00	0.00	0.38
44	1.30	1.71	0.64	77.00	0.00	0.00	0.00	0.00	0.38
45	1.30	1.71	0.64	77.00	0.00	0.00	0.00	0.00	0.38
46	1.30	1.71	0.64	77.00	0.00	0.00	0.00	0.00	0.38
47	1.30	1.71	0.64	77.00	0.00	0.00	0.00	0.00	0.38
48	1.30	1.71	0.64	77.00	0.00	0.00	0.00	0.00	0.38
49	1.30	1.71	0.64	77.00	0.00	0.00	0.00	0.00	0.38
50	1.30	1.71	0.64	77.00	0.00	0.00	0.00	0.00	0.38
51	1.30	1.71	0.64	77.00	0.00	0.00	0.00	0.00	0.38
52	1.30	1.71	0.64	77.00	0.00	0.00	0.00	0.00	0.38

	Saturated fatty acids (g)	Monosaturated fatty acids (g)	Polyunsaturated fatty acids (g)	Cholesterol (mg)	Fiber (g)	SUCs (g)	Vitamin A in retinol equivalents (µg)	Vitamin D (µg)	Vitamin E (tocopherol equivalents) (mg)
53	1.30	1.71	0.64	77.00	0.00	0.00	0.00	0.00	0.38
54	0.08	0.05	0.10	50.00	0.00	0.00	15.00	8.00	1.00
55	1.30	1.71	0.64	77.00	0.00	0.00	0.00	0.00	0.38
56	1.30	1.71	0.64	77.00	0.00	0.00	0.00	0.00	0.38
57	1.30	1.71	0.64	77.00	0.00	0.00	0.00	0.00	0.38
58	1.30	1.71	0.64	77.00	0.00	0.00	0.00	0.00	0.38
59	1.30	1.71	0.64	77.00	0.00	0.00	0.00	0.00	0.38
60	1.30	1.71	0.64	77.00	0.00	0.00	0.00	0.00	0.38
61	11.40	10.10	0.90	82.00	0.00	0.00	0.00	0.10	0.33
62	19.30	22.50	5.40	101.00	0.00	0.30	0.00	1.20	0.10
63	10.40	9.00	0.80	61.00	0.00	0.00	0.00	0.50	0.29
64	30.26	25.34	1.70	35.00	0.00	0.00	0.00	0.30	0.00
65	9.67	12.90	3.65	100.00	0.00	0.00	63.00	0.10	0.70
66	2.16	2.65	2.12	90.00	0.00	0.00	28.00	0.50	0.07
67	9.67	12.90	3.65	100.00	0.00	0.00	63.00	3.00	0.70
68	9.67	12.90	3.65	100.00	0.00	0.00	63.00	3.00	0.70
69	2.30	3.61	1.51	86.00	0.00	0.00	35.00	0.10	0.22
70	2.00	3.60	2.00	57.00	0.00	0.00	0.00	2.00	0.00
71	0.46	0.35	0.93	189.00	0.00	0.00	5.00	0.00	7.30
72	0.46	0.35	0.93	189.00	0.00	0.00	5.00	0.00	7.30
73	0.70	0.40	1.10	193.00	0.00	0.00	49.00	4.00	4.00
74	0.46	0.35	0.93	189.00	0.00	0.00	5.00	0.00	7.30
75	0.70	0.40	1.10	193.00	0.00	0.00	49.00	4.00	4.00
76	13.20	4.50	1.50	395.70	0.00	0.00	114.00	0.60	1.30
77	3.68	6.53	1.22	884.00	0.00	0.93	194.00	1.70	1.34
78	0.60	0.90	0.50	58.00	0.00	0.00	12.00	10.00	2.00
79	3.02	9.22	1.21	161.00	0.00	0.00	322.00	10.00	2.00
80	0.60	0.90	0.50	58.00	0.00	0.00	12.00	10.00	2.00
81	0.65	1.07	0.51	60.06	0.00	0.00	18.20	10.00	2.00

	Saturated fatty acids (g)	Monosaturated fatty acids (g)	Polyunsaturated fatty acids (g)	Cholesterol (mg)	Fiber (g)	SUCs (g)	Vitamin A in retinol equivalents (µg)	Vitamin D (µg)	Vitamin E (tocopherol equivalents) (mg)
82	0.60	0.90	0.50	58.00	0.00	0.00	12.00	10.00	2.00
83	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
84	0.10	0.00	0.10	0.00	1.60	6.50	15.00	0.00	0.00
85	0.00	0.00	0.00	0.00	1.10	7.30	2.00	0.00	0.10
86	0.10	0.10	0.10	0.00	3.30	13.50	0.00	0.00	0.10
87	0.30	0.10	0.40	0.00	5.40	8.90	60.00	0.00	0.70
88	0.10	0.12	0.13	0.00	1.00	15.23	0.00	0.00	0.07
89	0.01	0.05	0.06	0.00	3.60	7.05	1.00	0.00	0.12
90	0.00	0.00	0.00	0.00	1.40	9.30	3.00	0.00	0.00
91	0.10	0.10	0.10	0.00	1.80	9.90	168.00	0.00	0.00
92	0.00	0.00	0.10	0.00	2.40	10.40	3.00	0.00	0.20
93	0.10	0.00	0.20	0.00	2.80	0.50	13.00	0.00	0.00
94	0.00	0.00	0.00	0.00	1.80	1.80	135.00	0.00	1.00
95	0.00	0.00	0.00	0.00	2.40	4.20	8.00	0.00	0.00
96	0.87	4.03	0.76	0.00	17.70	4.42	24.10	0.00	0.96
97	0.20	0.10	0.20	0.00	2.50	14.70	2.00	0.00	0.96
98	2.10	9.80	1.80	0.00	6.70	0.70	7.00	0.00	2.10
99	0.10	0.10	0.10	0.00	1.80	9.90	168.00	0.00	0.00
100	0.87	4.03	0.76	0.00	3.72	4.42	24.10	0.00	0.96
101	0.87	4.03	0.76	0.00	3.72	4.42	24.10	0.00	0.96
102	0.03	0.03	0.08	0.00	1.20	2.63	42.00	0.00	0.54
103	0.87	4.03	0.76	0.00	3.72	4.42	24.10	0.00	0.96
104	0.87	4.03	0.76	0.00	3.72	4.42	24.10	0.00	0.96
105	0.87	4.03	0.76	0.00	3.72	4.42	24.10	0.00	0.96
106	0.87	4.03	0.76	0.00	3.72	4.42	24.10	0.00	0.96
107	0.00	0.00	0.00	0.00	2.40	4.20	8.00	0.00	0.00
108	0.87	4.03	0.76	0.00	3.72	4.42	24.10	0.00	0.96
109	0.87	4.03	0.76	0.00	3.72	4.42	24.10	0.00	0.96
110	0.87	4.03	0.76	0.00	3.72	4.42	24.10	0.00	0.96

	Saturated fatty acids (g)	Monosaturated fatty acids (g)	Polyunsaturated fatty acids (g)	Cholesterol (mg)	Fiber (g)	SUCs (g)	Vitamin A in retinol equivalents (µg)	Vitamin D (µg)	Vitamin E (tocopherol equivalents) (mg)
111	0.87	4.03	0.76	0.00	3.72	4.42	24.10	0.00	0.96
112	0.00	0.00	0.00	0.00	1.80	1.80	135.00	0.00	1.00
113	0.15	0.47	0.02	0.00	2.00	1.00	351.00	0.00	0.10
114	0.02	0.24	0.23	0.00	3.80	0.70	346.00	0.00	0.70
115	0.00	0.10	0.00	0.00	2.00	0.00	105.00	0.00	2.00
116	0.03	0.01	0.08	0.00	1.90	1.04	87.00	0.00	1.45
117	0.09	0.08	0.15	0.00	2.03	0.48	146.00	0.00	0.92
118	0.21	0.05	0.02	0.00	2.40	0.48	97.00	0.00	0.96
119	0.00	0.00	0.10	0.00	1.50	5.00	248.62	0.00	0.92
120	0.20	0.10	0.30	0.00	3.70	3.00	424.00	0.00	2.00
121	0.08	0.13	0.11	0.00	2.03	0.48	248.62	0.00	0.92
122	0.10	0.00	0.10	0.00	4.20	0.00	72.00	0.00	0.00
123	0.08	0.13	0.11	0.00	2.03	0.48	248.62	0.00	0.92
124	0.00	0.00	0.10	0.00	0.60	0.00	46.00	0.00	0.00
125	0.03	0.02	0.10	0.00	1.00	1.18	223.00	0.00	0.09
126	0.08	0.13	0.11	0.00	2.03	0.48	248.62	0.00	0.92
127	0.08	0.13	0.11	0.00	2.03	0.48	248.62	0.00	0.92
128	0.08	0.13	0.11	0.00	2.03	0.48	248.62	0.00	0.92
129	0.08	0.13	0.11	0.00	2.03	0.48	248.62	0.00	0.92
130	0.08	0.13	0.11	0.00	2.03	0.48	248.62	0.00	0.92
131	0.08	0.13	0.11	0.00	2.03	0.48	248.62	0.00	0.92
132	0.08	0.13	0.11	0.00	2.03	0.48	248.62	0.00	0.92
133	0.08	0.13	0.11	0.00	2.03	0.48	248.62	0.00	0.92
134	0.08	0.13	0.11	0.00	2.03	0.48	248.62	0.00	0.92
135	0.08	0.13	0.11	0.00	2.03	0.48	248.62	0.00	0.92
136	0.08	0.13	0.11	0.00	2.03	0.48	181.00	0.00	0.92
137	0.10	0.00	0.20	0.00	2.80	0.50	13.00	0.00	0.00
138	0.08	0.13	0.11	0.00	2.03	0.48	248.62	0.00	0.92

	Saturated fatty acids (g)	Monosaturated fatty acids (g)	Polyunsaturated fatty acids (g)	Cholesterol (mg)	Fiber (g)	SUCs (g)	Vitamin A in retinol equivalents (µg)	Vitamin D (µg)	Vitamin E (tocopherol equivalents) (mg)
139	0.08	0.13	0.11	0.00	2.03	0.48	248.62	0.00	0.92
140	0.08	0.13	0.11	0.00	2.03	0.48	248.62	0.00	0.92
141	0.08	0.13	0.11	0.00	2.03	0.48	248.62	0.00	0.92
142	0.07	0.02	0.12	0.00	3.20	0.81	579.00	0.00	2.86
143	0.08	0.13	0.11	0.00	2.03	0.48	248.62	0.00	0.92
144	0.08	0.13	0.11	0.00	2.03	0.48	248.62	0.00	0.92
145	0.08	0.13	0.11	0.00	2.03	0.48	248.62	0.00	0.92
146	0.24	0.05	0.52	75	6.40	0	12.54	1	0
147	0.00	0.00	0.00	0.00	0.00	1.50	0.00	0.00	0.00
148	0.24	0.05	0.52	75	6.40	0	12.54	1	0
149	0.24	0.05	0.52	75	6.40	0	12.54	1	0
150	0.24	0.05	0.52	75	6.40	0	12.54	1	0
151	2.149	2.069	1.5541	75	6.40	0	8.58	1	0
152	3.00	0.10	0.00	0.00	0.90	7.40	0.00	0.00	0.00
153	3.06	10.92	6.96	0.00	8.80	2.46	0.00	0.00	2.58
154	0.05	0.01	0.09	0.00	1.50	17.16	3.00	0.00	0.50
155	0.05	0.01	0.09	0.00	1.50	17.16	3.00	0.00	0.50
156	0.05	0.01	0.09	0.00	1.50	17.16	3.00	0.00	0.50
157	0.05	0.01	0.09	0.00	1.50	17.16	3.00	0.00	0.50
158	0.05	0.01	0.09	0.00	1.50	17.16	3.00	0.00	0.50
159	0.05	0.01	0.09	0.00	1.50	17.16	3.00	0.00	0.50
160	0.05	0.01	0.09	0.00	1.50	17.16	3.00	0.00	0.50
161	0.05	0.01	0.09	0.00	1.50	17.16	3.00	0.00	0.50
162	0.05	0.01	0.09	0.00	1.50	17.16	3.00	0.00	0.50
163	0.05	0.01	0.09	0.00	1.50	17.16	3.00	0.00	0.50
164	0.05	0.01	0.09	0.00	1.50	17.16	3.00	0.00	0.50
165	0.05	0.01	0.09	0.00	1.50	17.16	3.00	0.00	0.50
166	0.05	0.01	0.09	0.00	1.50	17.16	3.00	0.00	0.50

	Saturated fatty acids (g)	Monosaturated fatty acids (g)	Polyunsaturated fatty acids (g)	Cholesterol (mg)	Fiber (g)	SUCs (g)	Vitamin A in retinol equivalents (µg)	Vitamin D (µg)	Vitamin E (tocopherol equivalents) (mg)
167	0.05	0.01	0.09	0.00	1.50	17.16	3.00	0.00	0.50
168	0.05	0.01	0.09	0.00	1.50	17.16	3.00	0.00	0.50
169	0.05	0.01	0.09	0.00	1.50	17.16	3.00	0.00	0.50
170	0.05	0.01	0.09	0.00	1.50	17.16	3.00	0.00	0.50
171	0.05	0.01	0.09	0.00	1.50	17.16	3.00	0.00	0.50
172	0.05	0.01	0.09	0.00	1.50	17.16	3.00	0.00	0.50
173	0.05	0.01	0.09	0.00	1.50	17.16	3.00	0.00	0.50
174	0.05	0.01	0.09	0.00	1.50	17.16	3.00	0.00	0.50
175	0.05	0.01	0.09	0.00	1.50	17.16	3.00	0.00	0.50
176	0.05	0.01	0.09	0.00	1.50	17.16	3.00	0.00	0.50
177	0.05	0.01	0.09	0.00	1.50	17.16	3.00	0.00	0.50
178	0.05	0.01	0.09	0.00	1.50	17.16	3.00	0.00	0.50
179	0.05	0.01	0.09	0.00	1.50	17.16	3.00	0.00	0.50
180	0.05	0.01	0.09	0.00	1.50	17.16	3.00	0.00	0.50
181	0.05	0.01	0.09	0.00	1.50	17.16	3.00	0.00	0.50
182	0.41	0.51	0.52	41.00	5.30	0.00	17.00	0.00	0.20
183	0.41	0.51	0.52	41.00	5.30	0.00	17.00	0.00	0.20
184	2.40	0.30	0.20	0.00	1.20	0.10	0.00	0.00	0.23
185	2.40	0.30	0.20	0.00	1.20	0.10	0.00	0.00	0.23
186	2.40	0.30	0.20	0.00	1.20	0.10	0.00	0.00	0.23
187	0.50	0.80	0.60	45.00	0.00	0.00	0.00	0.00	0.00
188	0.06	0.05	0.08	189.00	0.00	0.00	54.00	0.00	1.10
189	0.45	0.32	0.48	96.00	0.00	0.00	90.00	0.00	1.20
190	0.06	0.05	0.08	189.00	0.00	0.00	54.00	0.10	1.10
191	0.30	0.80	0.70	33.00	0.00	0.00	43.00	12.00	1.00
192	0.00	0.00	0.20	0.00	2.10	2.00	0.00	0.00	0.00
193	0.90	0.00	0.20	0.00	2.10	1.00	0.00	0.00	0.00
194	0.20	0.20	0.20	0.00	3.60	2.20	14.00	0.00	0.00
195	0.00	0.00	0.10	0.00	4.30	0.40	2.00	0.00	0.49

	Saturated fatty acids (g)	Monosaturated fatty acids (g)	Polyunsaturated fatty acids (g)	Cholesterol (mg)	Fiber (g)	SUCs (g)	Vitamin A in retinol equivalents (µg)	Vitamin D (µg)	Vitamin E (tocopherol equivalents) (mg)
196	0.00	0.00	0.10	0.00	4.10	0.40	3.00	0.00	2.40
197	0.00	0.00	0.00	0.00	5.10	0.50	4.00	0.00	2.40
198	0.00	0.00	0.10	0.00	4.90	11.00	4.00	0.00	1.00
199	0.00	0.00	0.00	0.00	3.00	2.80	787.00	0.00	5.00
200	0.05	0.05	0.08	0.00	3.50	3.08	166.00	0.00	1.76
201	0.00	0.00	0.10	0.00	4.30	0.40	2.00	0.00	0.49
202	0.24	0.13	0.63	0.00	3.00	0.49	0.00	0.00	0.06
203	3.43	5.37	4.49	13.00	0.00	14.47	0.00	0.00	0.00
204	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
205	81.50	11.40	1.60	0.00	0.00	0.00	0.00	0.00	4.00
206	13.80	0.00	0.30	0.30	0.00	3.30	261.00	0.00	0.00
207	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
208	0.00	0.00	0.00	0.00	0.00	96.80	0.00	0.00	0.00
209	0.00	0.00	0.00	0.00	0.00	1.50	0.00	0.00	0.00
210	0.00	0.00	0.00	0.00	0.00	5.90	0.00	0.00	0.00
211	0.00	0.00	0.00	0.00	0.00	12.60	0.00	0.00	0.00
212	5.30	2.60	0.20	33.00	0.00	41.60	65.00	0.10	0.16
213	0.00	0.00	0.10	0.00	1.30	1.20	0.00	0.00	0.00
214	0.10	0.00	0.20	0.00	2.80	0.50	13.00	0.00	0.00
215	0.00	0.00	0.00	0.00	0.50	1.70	5.00	0.00	0.00
216	0.00	0.00	0.10	0.00	2.80	4.70	841.00	0.00	0.70
217	0.01	0.03	0.08	0.00	2.80	1.95	24.00	0.00	0.14
218	0.10	0.00	0.20	0.00	2.20	0.20	0.00	2.00	0.00
219	0.04	0.01	0.08	0.00	1.00	1.76	70.00	0.00	0.02
220	0.04	0.01	0.08	0.00	1.00	1.76	70.00	0.00	0.02
221	0.00	0.00	0.00	0.00	2.80	1.89	0.00	0.00	0.14
222	0.20	0.37	0.60	0.00	2.40	4.54	13.00	0.00	0.09
223	0.00	0.00	0.00	0.00	3.00	2.80	29.00	0.00	0.00

	Saturated fatty acids (g)	Monosaturated fatty acids (g)	Polyunsaturated fatty acids (g)	Cholesterol (mg)	Fiber (g)	SUCs (g)	Vitamin A in retinol equivalents (µg)	Vitamin D (µg)	Vitamin E (tocopherol equivalents) (mg)
224	0.00	0.00	0.10	0.00	0.40	7.60	20.00	0.00	0.00
225	0.00	0.00	0.00	0.00	0.50	1.70	5.00	0.00	0.00
226	0.00	0.00	0.00	0.00	2.80	1.89	0.00	0.00	0.14
227	3.74	5.46	2.73	116.00	0.00	0.00	28.00	0.20	0.06
228	1.77	2.43	1.41	74.00	0.00	0.00	28.00	0.00	0.43
229	4.77	6.24	2.50	89.60	0.00	0.00	50.00	6.25	0.43
230	4.77	6.24	2.50	89.60	0.00	0.00	50.00	6.25	0.43
231	4.77	6.24	2.50	89.60	0.00	0.00	50.00	6.25	0.43
232	4.77	6.24	2.50	89.60	0.00	0.00	50.00	6.25	0.43
233	4.77	6.24	2.50	89.60	0.00	0.00	50.00	6.25	0.43
234	4.77	6.24	2.50	89.60	0.00	0.00	50.00	6.25	0.43
235	4.77	6.24	2.50	89.60	0.00	0.00	50.00	6.25	0.43
236	4.77	6.24	2.50	89.60	0.00	0.00	50.00	6.25	0.43
237	4.77	6.24	2.50	89.60	0.00	0.00	50.00	6.25	0.43
238	4.77	6.24	2.50	89.60	0.00	0.00	50.00	6.25	0.43
239	4.77	6.24	2.50	89.60	0.00	0.00	50.00	6.25	0.43
240	4.77	6.24	2.50	89.60	0.00	0.00	50.00	6.25	0.43
241	4.77	6.24	2.50	89.60	0.00	0.00	50.00	6.25	0.43
242	4.77	6.24	2.50	89.60	0.00	0.00	50.00	6.25	0.43
243	4.77	6.24	2.50	89.60	0.00	0.00	50.00	6.25	0.43
244	4.77	6.24	2.50	89.60	0.00	0.00	50.00	6.25	0.43
245	4.77	6.24	2.50	89.60	0.00	0.00	50.00	6.25	0.43
246	4.77	6.24	2.50	89.60	0.00	0.00	50.00	6.25	0.43
247	4.77	6.24	2.50	89.60	0.00	0.00	50.00	6.25	0.43
248	4.77	6.24	2.50	89.60	0.00	0.00	50.00	6.25	0.43
249	4.77	6.24	2.50	89.60	0.00	0.00	50.00	6.25	0.43
250	4.77	6.24	2.50	89.60	0.00	0.00	50.00	6.25	0.43

ID	Vitamin C (mg)	Thiamin (B1) (mg)	Riboflavin (B2) (mg)	Niacin (mg)	Vitamin B6 (mg)	Folate (µg)	Vitamin B12 (µg)	CA (mg)
1	8.70	0.00	0.10	0.70	0.40	20.00	0.00	5.00
2	8.00	0.04	0.04	0.50	0.22	12.00	0.00	7.00
3	11.00	0.10	0.10	0.80	0.20	26.00	0.00	2.00
4	11.00	0.10	0.10	0.80	0.20	26.00	0.00	2.00
5	11.00	0.10	0.10	0.80	0.20	26.00	0.00	2.00
6	8.00	0.04	0.04	0.50	0.22	12.00	0.00	7.00
7	8.00	0.04	0.04	0.50	0.22	12.00	0.00	7.00
8	11.00	0.10	0.10	0.80	0.20	26.00	0.00	2.00
9	11.00	0.10	0.10	0.80	0.20	26.00	0.00	2.00
10	8.00	0.04	0.04	0.50	0.22	12.00	0.00	7.00
11	8.00	0.04	0.04	0.50	0.22	12.00	0.00	7.00
12	8.00	0.04	0.04	0.50	0.22	12.00	0.00	7.00
13	8.00	0.04	0.04	0.50	0.22	12.00	0.00	7.00
14	5.50	0.09	0.06	1.10	0.15	18.50	0.00	5.00
15	1.20	0.20	0.10	0.60	0.10	130.00	0.00	28.00
16	0.00	0.15	0.04	0.80	0.15	73.00	0.00	29.00
17	10.00	0.26	0.06	5.26	0.15	75.00	0.00	55.00
18	1.00	0.10	0.10	0.50	0.10	172.00	0.00	49.00
19	1.00	0.20	0.10	0.80	0.20	170.00	0.00	37.00
20	0.33	0.16	0.05	0.60	0.13	105.00	0.00	24.33
21	2.20	0.15	0.04	0.80	0.15	73.00	0.00	29.00
22	0.00	0.16	0.06	0.42	0.16	83.00	0.00	17.00
23	2.20	0.15	0.04	0.80	0.15	73.00	0.00	29.00

	Vitamin C (mg)	Thiamin (B1) (mg)	Riboflavin (B2) (mg)	Niacin (mg)	Vitamin B6 (mg)	Folate (µg)	Vitamin B12 (µg)	CA (mg)
24	1.00	0.16	0.06	0.58	0.07	159.00	0.00	27.00
25	0.00	0.80	0.30	4.50	0.80	97.00	0.00	975.00
26	1.20	0.20	0.10	0.60	0.10	130.00	0.00	28.00
27	2.20	0.15	0.04	0.80	0.15	73.00	0.00	29.00
28	0.40	0.00	0.10	0.00	0.00	2.40	0.20	0.10
29	0.00	0.00	0.20	0.10	0.00	5.00	0.40	115.00
30	0.10	0.10	0.00	0.40	0.10	3.30	0.00	3.40
31	0.00	0.10	0.00	0.80	0.00	13.00	0.00	11.00
32	0.00	0.43	0.29	3.36	0.09	81.00	0.00	178.00
33	72.00	0.30	0.10	1.40	0.70	36.00	0.00	46.00
34	0.00	0.10	0.00	0.80	0.00	13.00	0.00	11.00
35	0.00	0.43	0.27	4.07	0.08	92.00	0.00	176.00
36	0.00	0.43	0.27	4.07	0.08	92.00	0.00	176.00
37	5.50	0.09	0.06	1.10	0.15	18.50	0.00	5.00
38	0.00	0.43	0.27	4.07	0.08	92.00	0.00	176.00
39	0.00	0.31	0.14	4.21	0.42	6.00	0.70	1.91
40	0.00	0.31	0.14	4.21	0.42	6.00	0.70	19.64
41	0.00	0.31	0.14	4.21	0.42	6.00	0.70	26.27
42	0.00	0.31	0.14	4.21	0.42	6.00	0.70	13.90
43	0.00	0.31	0.14	4.21	0.42	6.00	0.70	1.91
44	0.00	0.31	0.14	4.21	0.42	6.00	0.70	41.35
45	0.00	0.31	0.14	4.21	0.42	6.00	0.70	19.64
46	0.00	0.31	0.14	4.21	0.42	6.00	0.70	13.90
47	0.00	0.31	0.14	4.21	0.42	6.00	0.70	1.91
48	0.00	0.31	0.14	4.21	0.42	6.00	0.70	13.90
49	0.00	0.31	0.14	4.21	0.42	6.00	0.70	15.43
50	0.00	0.31	0.14	4.21	0.42	6.00	0.70	15.43
51	0.00	0.31	0.14	4.21	0.42	6.00	0.70	15.43
52	0.00	0.31	0.14	4.21	0.42	6.00	0.70	15.43
53	0.00	0.31	0.14	4.21	0.42	6.00	0.70	16.00

	Vitamin C (mg)	Thiamin (B1) (mg)	Riboflavin (B2) (mg)	Niacin (mg)	Vitamin B6 (mg)	Folate (µg)	Vitamin B12 (µg)	CA (mg)
84	6.70	0.00	0.10	0.40	0.10	14.00	0.00	34.00
85	33.30	0.00	0.00	0.30	0.00	10.00	0.00	12.00
86	20.60	0.10	0.10	0.90	0.10	14.00	0.00	14.00
87	184.00	0.10	0.00	1.10	0.10	49.00	0.00	18.00
88	25.00	0.02	0.01	0.70	0.05	133.00	0.00	2.00
89	5.00	0.03	0.06	0.40	0.02	8.00	0.00	10.00
90	36.20	0.10	0.00	0.50	0.10	15.00	0.00	7.00
91	15.00	0.00	0.00	0.30	0.10	6.00	0.00	10.00
92	4.60	0.00	0.00	0.10	0.00	3.00	0.00	6.00
93	20.00	0.10	0.10	0.30	0.10	20.00	0.00	31.00
94	62.00	0.00	0.00	0.30	0.00	38.00	0.00	24.00
95	53.00	0.10	0.00	0.30	0.10	30.00	0.00	40.00
96	23.66	0.08	0.04	0.96	0.17	45.50	0.00	875.00
97	18.10	0.05	0.08	0.80	0.17	45.50	0.00	17.00
98	10.00	0.10	0.10	1.70	0.30	81.00	0.00	12.00
99	15.00	0.00	0.00	0.30	0.10	6.00	0.00	10.00
100	23.66	0.08	0.04	0.96	0.17	45.50	0.00	13.41
101	23.66	0.08	0.04	0.96	0.17	45.50	0.00	13.41
102	13.70	0.04	0.02	0.59	0.08	15.00	0.00	10.00
103	23.66	0.08	0.04	0.96	0.17	45.50	0.00	13.41
104	23.66	0.08	0.04	0.96	0.17	45.50	0.00	13.41
105	23.66	0.08	0.04	0.96	0.17	45.50	0.00	13.41
106	23.66	0.08	0.04	0.96	0.17	45.50	0.00	13.41
107	53.00	0.10	0.00	0.30	0.10	30.00	0.00	40.00
108	23.66	0.08	0.04	0.96	0.17	45.50	0.00	13.41
109	23.66	0.08	0.04	0.96	0.17	45.50	0.00	13.41
110	23.66	0.08	0.04	0.96	0.17	45.50	0.00	13.41
111	23.66	0.08	0.04	0.96	0.17	45.50	0.00	13.41
112	62.00	0.00	0.00	0.30	0.00	38.00	0.00	24.00
113	31.00	0.22	0.51	2.00	0.93	23.00	0.00	151.00

	Vitamin C (mg)	Thiamin (B1) (mg)	Riboflavin (B2) (mg)	Niacin (mg)	Vitamin B6 (mg)	Folate (µg)	Vitamin B12 (µg)	CA (mg)
114	101.00	0.08	0.26	0.80	0.25	280.00	0.00	85.00
115	58.00	0.60	3.10	0.40	0.10	73.00	0.00	59.20
116	88.00	0.18	0.36	1.11	0.80	128.00	0.00	84.00
117	43.30	0.03	0.16	0.66	0.19	85.00	0.00	215.00
118	11.00	0.09	0.13	0.92	0.21	36.00	0.00	39.00
119	70.00	0.09	0.19	1.18	0.32	101.67	0.00	166.00
120	35.50	0.20	0.50	1.50	0.10	126.00	0.00	137.00
121	140.00	0.09	0.19	1.18	0.32	101.67	0.00	166.00
122	169.00	0.50	7.60	0.70	0.20	85.00	0.00	96.90
123	16.00	0.08	0.18	1.10	0.32	101.67	0.00	58.00
124	139.00	0.10	0.20	0.90	0.50	104.00	0.00	211.00
125	45.00	0.04	0.07	0.50	0.19	66.00	0.00	105.00
126	27.97	0.13	0.40	1.18	0.32	101.67	0.00	111.02
127	27.97	0.13	0.40	1.18	0.32	101.67	0.00	111.02
128	27.97	0.13	0.40	1.18	0.32	101.67	0.00	111.02
129	27.97	0.13	0.40	1.18	0.32	101.67	0.00	111.02
130	27.97	0.13	0.40	1.18	0.32	101.67	0.00	111.02
131	27.97	0.13	0.40	1.18	0.32	101.67	0.00	111.02
132	27.97	0.13	0.40	1.18	0.32	101.67	0.00	111.02
133	27.97	0.13	0.40	1.18	0.32	101.67	0.00	111.02
134	27.97	0.13	0.40	1.18	0.32	101.67	0.00	111.02
135	27.97	0.13	0.40	1.18	0.32	101.67	0.00	111.02
136	26.60	0.02	0.21	4.98	0.32	101.67	0.00	32.00
137	0.00	0.07	0.06	0.30	0.10	20.00	0.00	28.00
138	27.97	0.13	0.40	1.18	0.32	101.67	0.00	111.02
139	27.97	0.13	0.40	1.18	0.32	101.67	0.00	111.02
140	27.97	0.13	0.40	1.18	0.32	101.67	0.00	111.02
141	27.97	0.13	0.40	1.18	0.32	101.67	0.00	111.02
142	60.00	0.07	0.10	0.60	0.32	194.00	0.00	190.00

	Vitamin C (mg)	Thiamin (B1) (mg)	Riboflavin (B2) (mg)	Niacin (mg)	Vitamin B6 (mg)	Folate (µg)	Vitamin B12 (µg)	CA (mg)
143	27.97	0.13	0.40	1.18	0.32	101.67	0.00	111.02
144	27.97	0.13	0.40	1.18	0.32	101.67	0.00	111.02
145	27.97	0.13	0.40	1.18	0.32	101.67	0.00	111.02
146	5.41	0.52	2.62	4.1	0.3	3	1.6	61.28
147	0.50	0.00	0.04	0.12	0.02	2.00	0.00	6.00
148	5.41	0.52	2.62	4.1	0.3	3	1.6	61.28
149	5.41	0.52	2.62	4.1	0.3	3	1.6	61.28
150	5.41	0.52	2.62	4.1	0.3	3	1.6	61.28
151	7.59	0.52	0.08	4.1	0.3	3	1.6	45.68
152	1.00	0.00	0.00	0.20	0.00	8.00	0.00	126.00
153	0.00	0.26	0.06	5.26	0.15	75.00	0.00	55.00
154	8.00	0.05	0.18	0.90	0.02	24.00	0.00	18.00
155	8.00	0.05	0.18	0.90	0.02	24.00	0.00	18.00
156	8.00	0.05	0.18	0.90	0.02	24.00	0.00	18.00
157	8.00	0.05	0.18	0.90	0.02	24.00	0.00	18.00
158	8.00	0.05	0.18	0.90	0.02	24.00	0.00	18.00
159	8.00	0.05	0.18	0.90	0.02	24.00	0.00	18.00
160	8.00	0.05	0.18	0.90	0.02	24.00	0.00	18.00
161	8.00	0.05	0.18	0.90	0.02	24.00	0.00	18.00
162	8.00	0.05	0.18	0.90	0.02	24.00	0.00	18.00
163	8.00	0.05	0.18	0.90	0.02	24.00	0.00	18.00
164	8.00	0.05	0.18	0.90	0.02	24.00	0.00	18.00
165	8.00	0.05	0.18	0.90	0.02	24.00	0.00	18.00
166	8.00	0.05	0.18	0.90	0.02	24.00	0.00	18.00
167	8.00	0.05	0.18	0.90	0.02	24.00	0.00	18.00
168	8.00	0.05	0.18	0.90	0.02	24.00	0.00	18.00
169	8.00	0.05	0.18	0.90	0.02	24.00	0.00	18.00
170	8.00	0.05	0.18	0.90	0.02	24.00	0.00	18.00
171	8.00	0.05	0.18	0.90	0.02	24.00	0.00	18.00

	Vitamin C (mg)	Thiamin (B1) (mg)	Riboflavin (B2) (mg)	Niacin (mg)	Vitamin B6 (mg)	Folate (µg)	Vitamin B12 (µg)	CA (mg)
172	8.00	0.05	0.18	0.90	0.02	24.00	0.00	18.00
173	8.00	0.05	0.18	0.90	0.02	24.00	0.00	18.00
174	8.00	0.05	0.18	0.90	0.02	24.00	0.00	18.00
175	8.00	0.05	0.18	0.90	0.02	24.00	0.00	18.00
176	8.00	0.05	0.18	0.90	0.02	24.00	0.00	18.00
177	8.00	0.05	0.18	0.90	0.02	24.00	0.00	18.00
178	8.00	0.05	0.18	0.90	0.02	24.00	0.00	18.00
179	8.00	0.05	0.18	0.90	0.02	24.00	0.00	18.00
180	8.00	0.05	0.18	0.90	0.02	24.00	0.00	18.00
181	8.00	0.05	0.18	0.90	0.02	24.00	0.00	18.00
182	0.00	0.17	0.17	1.26	0.04	60.00	0.10	10.00
183	0.00	0.17	0.17	1.26	0.04	60.00	0.10	10.00
184	0.00	0.07	0.02	1.40	0.10	11.00	0.00	8.00
185	0.00	0.07	0.02	1.40	0.10	11.00	0.00	8.00
186	0.00	0.07	0.02	1.40	0.10	11.00	0.00	8.00
187	17.00	0.10	0.10	0.70	0.50	51.00	0.00	7.00
188	1.00	0.03	0.09	3.50	0.50	0.10	1.16	17.00
189	8.00	0.06	0.08	3.78	0.65	24.00	36.00	106.00
190	2.00	0.03	0.03	2.55	0.50	0.10	1.16	70.00
191	0.00	0.10	0.10	5.70	0.30	11.00	1.10	48.00
192	8.00	1.00	0.00	0.30	0.20	23.00	0.00	33.00
193	31.20	0.20	0.10	0.70	1.20	3.00	0.00	181.00
194	72.00	0.30	0.10	1.40	0.70	36.00	0.00	46.00
195	9.50	0.27	0.06	0.30	0.26	17.00	0.00	26.00
196	5.00	0.10	0.00	0.60	0.30	22.00	0.00	43.00
197	5.00	0.10	0.50	1.50	0.30	19.00	0.00	18.00
198	29.00	0.10	0.00	0.80	0.30	10.00	0.00	17.00
199	15.00	0.10	0.10	0.60	0.20	23.00	0.00	28.00
200	20.89	0.16	0.04	0.68	0.28	20.33	0.00	27.00

	Vitamin C (mg)	Thiamin (B1) (mg)	Riboflavin (B2) (mg)	Niacin (mg)	Vitamin B6 (mg)	Folate (µg)	Vitamin B12 (µg)	CA (mg)
201	78.00	0.27	0.06	0.30	0.26	17.00	0.00	26.00
202	0.00	0.33	0.11	0.89	0.08	26.00	0.00	13.00
203	0.00	0.20	0.24	3.30	0.20	32.00	1.00	60.00
204	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
205	0.00	0.00	0.00	0.00	0.00	0.00	0.00	6.00
206	57.00	0.20	0.20	1.80	0.20	45.00	0.00	15.00
207	0.50	0.00	0.00	0.10	0.00	1.00	0.00	8.00
208	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1.00
209	1.00	0.00	0.00	0.10	0.00	2.00	0.00	6.00
210	0.00	0.00	0.00	0.00	0.00	0.00	0.00	6.00
211	0.00	0.00	0.00	0.00	0.00	0.00	0.00	13.00
212	1.90	0.05	0.43	0.20	0.05	8.00	1.90	261.00
213	7.40	0.00	0.00	0.10	0.10	19.00	0.00	23.00
214	0.00	0.07	0.06	0.30	0.10	20.00	0.00	28.00
215	2.80	0.00	0.00	0.10	0.00	7.00	0.00	16.00
216	5.90	0.10	0.10	1.00	0.10	19.00	0.00	33.00
217	84.00	0.04	0.04	0.40	0.04	72.00	0.00	19.00
218	4.00	0.10	0.30	4.50	0.10	18.00	0.00	3.00
219	5.29	0.03	0.04	0.30	0.09	19.09	0.00	2.00
220	5.29	0.03	0.04	0.30	0.09	19.09	0.00	2.00
221	8.00	0.03	0.04	0.42	0.12	18.00	0.00	13.00
222	5.50	0.09	0.06	1.68	0.14	23.00	0.00	3.00
223	6.00	0.00	0.00	0.50	0.10	20.00	0.00	27.00
224	5.00	0.00	0.00	0.20	0.00	3.00	0.00	7.00
225	2.80	0.00	0.00	0.10	0.00	7.00	0.00	16.00
226	8.00	0.03	0.04	0.42	0.12	18.00	0.00	13.00
227	2.90	0.28	0.35	7.60	0.57	6.00	0.41	17.00
228	1.30	0.06	0.10	7.67	0.38	5.00	0.34	12.20
229	4.18	0.23	0.26	6.26	0.56	9.00	0.52	12.20

	Vitamin C (mg)	Thiamin (B1) (mg)	Riboflavin (B2) (mg)	Niacin (mg)	Vitamin B6 (mg)	Folate (µg)	Vitamin B12 (µg)	CA (mg)
230	4.18	0.23	0.26	6.26	0.56	9.00	0.52	12.20
231	4.18	0.23	0.26	6.26	0.56	9.00	0.52	12.20
232	4.18	0.23	0.26	6.26	0.56	9.00	0.52	12.20
233	4.18	0.23	0.26	6.26	0.56	9.00	0.52	12.20
234	4.18	0.23	0.26	6.26	0.56	9.00	0.52	12.20
235	4.18	0.23	0.26	6.26	0.56	9.00	0.52	12.20
236	4.18	0.23	0.26	6.26	0.56	9.00	0.52	12.20
237	4.18	0.23	0.26	6.26	0.56	9.00	0.52	12.20
238	4.18	0.23	0.26	6.26	0.56	9.00	0.52	12.20
239	4.18	0.23	0.26	6.26	0.56	9.00	0.52	12.20
240	4.18	0.23	0.26	6.26	0.56	9.00	0.52	12.20
241	4.18	0.23	0.26	6.26	0.56	9.00	0.52	12.20
242	4.18	0.23	0.26	6.26	0.56	9.00	0.52	12.20
243	4.18	0.23	0.26	6.26	0.56	9.00	0.52	12.20
244	4.18	0.23	0.26	6.26	0.56	9.00	0.52	12.20
245	4.18	0.23	0.26	6.26	0.56	9.00	0.52	12.20
246	4.18	0.23	0.26	6.26	0.56	9.00	0.52	12.20
247	4.18	0.23	0.26	6.26	0.56	9.00	0.52	12.20
248	4.18	0.23	0.26	6.26	0.56	9.00	0.52	12.20
249	4.18	0.23	0.26	6.26	0.56	9.00	0.52	12.20
250	4.18	0.23	0.26	6.26	0.56	9.00	0.52	12.20

ID	P (mg)	MG (mg)	K (mg)	NA (mg)	FE (mg)	ZN (mg)	CU (mg)	MN (mg)	Sources
1	22.00	27.00	358.00	1.00	0.30	0.20	0.10	0.20	2,3
2	31.00	23.00	237.00	2.00	0.90	0.10	0.08	0.20	1,3,5
3	28.00	32.00	465.00	5.00	0.60	0.10	0.10	0.20	2,3
4	28.00	32.00	465.00	5.00	0.60	0.10	0.10	0.20	2,3
5	28.00	32.00	465.00	5.00	0.60	0.10	0.10	0.20	2,3
6	31.00	23.00	237.00	2.00	0.90	0.10	0.08	0.20	1,2,3,5
7	31.00	23.00	237.00	2.00	0.90	0.10	0.08	0.20	1,2,3,5
8	28.00	32.00	465.00	5.00	0.60	0.10	0.10	0.20	2,3
9	28.00	32.00	465.00	5.00	0.60	0.10	0.10	0.20	2,3
10	31.00	23.00	237.00	2.00	0.90	0.10	0.08	0.20	1,2,3,5
11	31.00	23.00	237.00	2.00	0.90	0.10	0.08	0.20	1,2,3,5
12	31.00	23.00	237.00	2.00	0.90	0.10	0.08	0.20	1,2,3,5
13	31.00	23.00	237.00	2.00	0.90	0.10	0.08	0.20	1,2,3,5
14	64.50	43.50	271.00	3.50	0.65	0.40	0.11	0.20	2,5
15	142.00	45.00	403.00	2.00	2.90	1.10	0.20	0.50	2
16	141.00	14.00	528.00	6.00	2.70	2.90	0.02	1.30	2,5
17	198.00	102.00	180.00	751.00	1.50	1.83	0.81	1.70	1,6,7
18	168.00	48.00	291.00	7.00	2.90	1.50	0.40	1.00	2
19	186.00	59.00	528.00	3.00	3.80	1.40	0.30	0.60	2,3
20	117.00	35.00	434.00	3.33	2.16	1.56	0.32	1.00	1
21	141.00	14.00	528.00	6.00	1.10	1.00	0.02	1.30	1,2,6
22	111.00	43.00	508.00	2.00	2.39	0.95	0.25	0.39	1,7
23	141.00	14.00	528.00	6.00	1.10	1.00	0.02	1.30	2,5,6

	P (mg)	MG (mg)	K (mg)	NA (mg)	FE (mg)	ZN (mg)	CU (mg)	MN (mg)	Sources
24	99.00	48.00	266.00	2.00	1.40	0.84	0.70	1.30	1,2
25	629.00	351.00	468.00	11.00	14.60	7.80	4.10	2.50	2
26	142.00	45.00	403.00	2.00	2.90	1.10	0.20	0.50	2
27	141.00	14.00	528.00	6.00	1.10	1.00	0.02	1.30	2,5,6
28	0.10	0.00	0.10	0.10	0.00	0.00	0.00	0.00	2
29	92.00	11.00	140.00	55.00	0.10	0.40	0.00	0.00	2,3
30	40.80	13.70	44.30	1.10	0.30	0.50	0.10	0.50	2
31	76.00	15.00	75.00	1.00	0.80	0.50	0.10	0.50	2
32	107.00	37.00	186.00	353.00	2.87	1.07	0.24	0.86	1,7
33	168.00	24.00	583.00	5.00	1.90	0.70	0.10	0.30	2
34	76.00	15.00	75.00	1.00	0.80	0.50	0.10	0.50	2
35	104.00	36.00	115.00	524.00	3.55	0.90	0.20	0.50	1,2
36	104.00	36.00	115.00	524.00	3.55	0.90	0.20	0.50	1,2
37	64.50	43.50	271.00	3.50	0.65	0.40	0.11	0.25	5
38	104.00	36.00	115.00	524.00	3.55	0.90	0.20	0.50	1,2
39	120.00	1.91	1.91	60.00	1.91	1.91	1.91	1.91	1,4
40	120.00	15.82	220.85	60.00	16.48	2.37	0.30	0.24	1,4
41	120.00	17.48	252.73	60.00	3.88	3.55	0.13	0.05	1,4
42	120.00	16.80	278.39	60.00	9.94	2.44	0.26	0.14	1,4
43	120.00	1.91	1.91	60.00	1.91	1.91	1.91	1.91	1,4
44	120.00	13.00	256.06	60.00	4.51	4.53	0.65	0.59	1,4
45	120.00	15.82	220.85	60.00	16.48	2.37	0.30	0.24	1,4
46	120.00	16.80	278.39	60.00	9.94	2.44	0.26	0.14	1,4
47	120.00	1.91	1.91	60.00	1.91	1.91	1.91	1.91	1,4
48	120.00	16.80	278.39	60.00	9.94	2.44	0.26	0.14	1,4
49	120.00	13.00	188.47	60.00	8.05	2.57	0.65	0.59	1,4
50	120.00	13.00	188.47	60.00	8.05	2.57	0.65	0.59	1,4
51	120.00	13.00	188.47	60.00	8.05	2.57	0.65	0.59	1,4
52	120.00	13.00	188.47	60.00	8.05	2.57	0.65	0.59	1,4
53	120.00	27.00	396.00	60.00	1.12	3.01	0.14	0.00	1
54	147.00	20.00	285.00	58.00	1.50	1.00	0.25	0.00	1,2

	P (mg)	MG (mg)	K (mg)	NA (mg)	FE (mg)	ZN (mg)	CU (mg)	MN (mg)	Sources
55	120.00	13.00	188.47	60.00	8.05	2.57	0.65	0.59	1,4
56	120.00	16.80	278.39	60.00	9.94	2.44	0.26	0.14	1,4
57	120.00	16.80	278.39	60.00	9.94	2.44	0.26	0.14	1,4
58	120.00	16.80	278.39	60.00	9.94	2.44	0.26	0.14	1,4
59	120.00	1.91	1.91	60.00	1.91	1.91	1.91	1.91	1,4
60	120.00	13.00	188.47	60.00	8.05	2.57	0.65	0.59	1,4
61	166.00	17.00	223.00	41.00	3.10	6.65	0.10	0.00	2,9
62	153.00	15.00	231.00	42.00	2.80	5.50	0.15	0.00	2,9
63	184.00	22.00	300.00	38.00	3.50	6.00	0.14	0.00	2,9
64	66.00	7.00	129.00	25.00	0.47	0.43	0.10	0.00	1,2
65	156.00	16.00	204.00	59.00	2.70	1.86	0.14	0.00	1,3,7
66	223.00	30.00	239.00	103.00	1.09	2.80	0.15	0.00	1,7
67	156.00	16.00	204.00	59.00	2.70	1.86	0.14	0.00	1,3
68	156.00	16.00	204.00	59.00	2.70	1.86	0.14	0.00	1,3
69	125.00	125.00	94.00	38.00	1.00	2.08	0.07	0.00	1,9
70	1300.00	140.00	953.00	312.00	2.50	5.20	0.50	2.10	2
71	710.00	290.00	500.00	457.00	21.30	3.70	2.40	0.00	1,3,8
72	517.00	290.00	365.00	547.00	5.30	3.20	2.40	0.00	1,3,8
73	483.00	147.00	854.00	273.00	1.80	2.10	0.10	0.10	2
74	517.00	290.00	365.00	547.00	5.30	3.20	2.40	0.00	1,3,8
75	483.00	147.00	854.00	273.00	1.80	2.10	0.10	0.10	8
76	160.50	9.40	117.70	632.10	1.10	1.00	0.00	0.00	2
77	220.00	17.00	222.00	146.00	3.85	1.41	0.06	0.04	1,3,7
78	243.00	22.00	335.00	40.00	0.30	0.50	0.00	0.00	2
79	139.00	26.00	349.00	64.00	1.60	0.70	0.10	0.00	1,8
80	243.00	22.00	335.00	40.00	0.30	0.50	0.00	0.00	2
81	1.09	6.02	0.95	3.75	0.02	0.01	0.00	0.00	11,16
82	243.00	22.00	335.00	40.00	0.30	0.50	0.00	0.00	2
83	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	
84	36.00	37.00	303.00	3.00	0.60	0.40	0.20	0.20	2

	P (mg)	MG (mg)	K (mg)	NA (mg)	FE (mg)	ZN (mg)	CU (mg)	MN (mg)	Sources
85	8.00	9.00	148.00	0.00	0.06	0.07	0.05	0.01	2
86	27.00	21.00	278.00	14.00	0.60	0.10	0.10	0.10	2
87	40.00	22.00	417.00	2.00	1.40	0.20	0.20	0.20	2,6
88	20.00	12.00	224.00	3.00	0.40	0.21	0.10	0.00	1,3
89	10.00	8.00	134.00	14.00	0.60	0.02	0.10	0.00	1,8
90	7.00	14.00	113.00	1.00	0.40	0.10	0.10	1.70	2
91	11.00	9.00	156.00	2.00	0.10	0.00	0.10	0.00	2
92	11.00	5.00	107.00	1.00	0.10	0.00	0.00	0.00	2
93	15.00	8.00	97.00	8.00	0.20	0.10	0.00	0.10	2
94	5.00	10.00	257.00	3.00	0.10	0.10	0.00	0.00	2
95	14.00	10.00	181.00	0.00	0.10	0.10	0.10	0.00	2
96	76.80	315.00	1075.00	16.00	0.00	9.60	0.00	0.50	17
97	28.30	32.00	250.00	4.00	0.70	0.30	0.10	0.50	6,7
98	52.00	29.00	599.00	7.00	0.60	0.60	0.20	0.10	2
99	11.00	9.00	156.00	2.00	0.10	0.00	0.10	0.00	2
100	28.30	18.94	341.25	4.18	0.41	0.31	0.10	0.50	Weighted average of all fruits
101	28.30	18.94	341.25	4.18	0.41	0.31	0.10	0.50	Weighted average of all fruits
102	24.00	11.00	237.00	5.00	0.27	0.17	0.10	0.10	1
103	28.30	18.94	341.25	4.18	0.41	0.31	0.10	0.50	Weighted average of all fruits
104	28.30	18.94	341.25	4.18	0.41	0.31	0.10	0.50	Weighted average of all fruits
105	28.30	18.94	341.25	4.18	0.41	0.31	0.10	0.50	Weighted average of all fruits
106	28.30	18.94	341.25	4.18	0.41	0.31	0.10	0.50	Weighted average of all fruits
107	14.00	10.00	181.00	0.00	0.10	0.10	0.10	0.00	2
108	28.30	18.94	341.25	4.18	0.41	0.31	0.10	0.50	Weighted average of all fruits
109	28.30	18.94	341.25	4.18	0.41	0.31	0.10	0.50	Weighted average of all fruits
110	28.30	18.94	341.25	4.18	0.41	0.31	0.10	0.50	Weighted average of all fruits
111	28.30	18.94	341.25	4.18	0.41	0.31	0.10	0.50	Weighted average of all fruits
112	5.00	10.00	257.00	3.00	0.10	0.10	0.00	0.00	2
113	67.00	34.00	344.00	9.00	2.32	0.49	0.16	0.34	1,3
114	76.00	23.00	570.00	48.00	3.00	0.70	2.74	0.34	1,7
115	41.00	44.80	315.20	10.60	2.90	0.20	0.10	0.30	2

	P (mg)	MG (mg)	K (mg)	NA (mg)	FE (mg)	ZN (mg)	CU (mg)	MN (mg)	Sources
116	99.00	85.00	608.00	11.00	2.04	0.30	2.74	0.34	1
117	50.00	55.00	611.00	20.00	2.32	0.90	2.74	0.34	1
118	104.00	38.00	436.00	11.00	2.22	0.20	0.13	0.34	1,9
119	65.93	39.73	340.00	7.00	2.90	0.02	0.00	32.00	1,11,18
120	29.00	22.00	203.00	29.00	1.20	0.20	0.30	0.30	2,6
121	65.93	39.73	373.86	19.80	0.77	1.87	2.74	0.34	6,11
122	50.00	55.00	380.90	6.60	6.00	0.60	0.20	0.90	2,6
123	108.00	39.73	373.86	19.80	2.50	0.91	2.74	0.34	14
124	72.00	62.00	550.00	11.00	1.90	0.40	0.20	0.10	2,6
125	37.00	19.00	252.00	65.00	0.80	0.19	0.04	0.27	1,7
126	65.93	39.73	373.86	19.80	1.82	1.87	2.74	0.34	Weighted average of all greens
127	65.93	39.73	373.86	19.80	1.82	1.87	2.74	0.34	Weighted average of all greens
128	65.93	39.73	373.86	19.80	1.82	1.87	2.74	0.34	Weighted average of all greens
129	65.93	39.73	373.86	19.80	1.82	1.87	2.74	0.34	Weighted average of all greens
130	65.93	39.73	373.86	19.80	1.82	1.87	2.74	0.34	Weighted average of all greens
131	65.93	39.73	373.86	19.80	1.82	1.87	2.74	0.34	Weighted average of all greens
132	65.93	39.73	373.86	19.80	1.82	1.87	2.74	0.34	Weighted average of all greens
133	65.93	39.73	373.86	19.80	1.82	1.87	2.74	0.34	Weighted average of all greens
134	65.93	39.73	373.86	19.80	1.82	1.87	2.74	0.34	Weighted average of all greens
135	65.93	39.73	373.86	19.80	1.82	1.87	2.74	0.34	Weighted average of all greens
136	101.00	34.00	370.00	1.00	1.31	0.83	0.23	0.34	1
137	47.00	8.00	97.00	8.00	0.20	0.10	0.00	0.10	2
138	65.93	39.73	373.86	19.80	1.82	1.87	2.74	0.34	Weighted average of all greens
139	65.93	39.73	373.86	19.80	1.82	1.87	2.74	0.34	Weighted average of all greens
140	65.93	39.73	373.86	19.80	1.82	1.87	2.74	0.34	Weighted average of all greens
141	65.93	39.73	373.86	19.80	1.82	1.87	2.74	0.34	Weighted average of all greens
142	42.00	31.00	296.00	40.00	1.10	0.19	2.74	0.34	1
143	65.93	39.73	373.86	19.80	1.82	1.87	2.74	0.34	Weighted average of all greens
144	65.93	39.73	373.86	19.80	1.82	1.87	2.74	0.34	Weighted average of all greens
145	65.93	39.73	373.86	19.80	1.82	1.87	2.74	0.34	Weighted average of all greens

	P (mg)	MG (mg)	K (mg)	NA (mg)	FE (mg)	ZN (mg)	CU (mg)	MN (mg)	Sources
146	136.4	6.14	25.44	21.37	18.2	10.1	0.01	0.39	2,13,15
147	0.40	2.00	52.00	4.00	0.40	0.20	0.00	0.10	2,13
148	136.4	6.14	25.44	21.37	18.2	10.1	0.01	0.39	10
149	136.4	6.14	25.44	21.37	18.2	10.1	0.01	0.39	10
150	136.4	6.14	25.44	21.37	18.2	10.1	0.01	0.39	10
151	130.2	6.62	25.44	21.37	2.31	10.1	0.01	0.39	10
152	48.00	3.00	66.00	5.00	0.40	0.10	0.10	0.20	2
153	198.00	102.00	180.00	751.00	1.01	1.83	0.10	0.20	1
154	140.00	10.00	1806.00	14.00	1.69	3.73	0.64	0.00	1
155	140.00	10.00	1806.00	14.00	1.69	3.73	0.64	0.00	1
156	140.00	10.00	1806.00	14.00	1.69	3.73	0.64	0.00	1
157	140.00	10.00	1806.00	14.00	1.69	3.73	0.64	0.00	1
158	140.00	10.00	1806.00	14.00	1.69	3.73	0.64	0.00	1
159	140.00	10.00	1806.00	14.00	1.69	3.73	0.64	0.00	1
160	140.00	10.00	1806.00	14.00	1.69	3.73	0.64	0.00	1
161	140.00	10.00	1806.00	14.00	1.69	3.73	0.64	0.00	1
162	140.00	10.00	1806.00	14.00	1.69	3.73	0.64	0.00	1
163	140.00	10.00	1806.00	14.00	1.69	3.73	0.64	0.00	1
164	140.00	10.00	1806.00	14.00	1.69	3.73	0.64	0.00	1
165	140.00	10.00	1806.00	14.00	1.69	3.73	0.64	0.00	1
166	140.00	10.00	1806.00	14.00	1.69	3.73	0.64	0.00	1
167	140.00	10.00	1806.00	14.00	1.69	3.73	0.64	0.00	1
168	140.00	10.00	1806.00	14.00	1.69	3.73	0.64	0.00	1
169	140.00	10.00	1806.00	14.00	1.69	3.73	0.64	0.00	1
170	140.00	10.00	1806.00	14.00	1.69	3.73	0.64	0.00	1
171	140.00	10.00	1806.00	14.00	1.69	3.73	0.64	0.00	1
172	140.00	10.00	1806.00	14.00	1.69	3.73	0.64	0.00	1
173	140.00	10.00	1806.00	14.00	1.69	3.73	0.64	0.00	1
174	140.00	10.00	1806.00	14.00	1.69	3.73	0.64	0.00	1
175	140.00	10.00	1806.00	14.00	1.69	3.73	0.64	0.00	1
176	140.00	10.00	1806.00	14.00	1.69	3.73	0.64	0.00	1

	P (mg)	MG (mg)	K (mg)	NA (mg)	FE (mg)	ZN (mg)	CU (mg)	MN (mg)	Sources
206	72.00	33.00	666.00	27.00	1.50	0.30	0.20	0.30	2
207	14.00	10.00	89.00	8.00	0.40	0.10	0.00	0.20	2
208	2.00	0.00	2.00	1.00	0.10	0.00	0.00	0.00	2,3
209	4.00	2.00	52.00	4.00	0.40	0.20	0.00	0.10	2
210	2.00	2.00	24.00	3.00	0.10	0.00	0.00	0.00	2
211	3.00	4.00	52.00	6.00	0.30	0.00	0.10	0.10	2
212	203.00	24.00	303.00	106.00	0.20	0.77	0.02	0.00	2,9
213	29.00	10.00	146.00	4.00	0.20	0.20	0.00	0.10	2
214	47.00	8.00	97.00	8.00	0.20	0.10	0.00	0.10	2
215	21.00	13.00	147.00	2.00	3.00	0.20	0.00	0.10	2
216	35.00	12.00	320.00	69.00	0.30	0.20	0.00	0.10	2
217	31.00	17.00	296.00	5.00	0.43	0.80	0.20	0.09	1
218	86.00	9.00	318.00	5.00	0.50	0.50	0.30	0.00	2
219	89.00	15.27	154.00	0.00	0.70	0.27	0.66	0.14	12
220	89.00	15.27	154.00	0.00	0.70	0.27	0.66	0.14	12
221	29.00	12.00	173.00	1.00	0.22	0.31	0.10	0.10	1
222	77.00	26.00	218.00	1.00	0.45	0.62	0.06	0.34	1
223	39.00	24.00	192.00	1.00	0.40	0.40	0.10	0.20	2
224	11.00	10.00	112.00	1.00	7.30	10.20	0.00	0.00	2
225	21.00	13.00	147.00	2.00	3.00	0.20	0.00	0.10	2
226	29.00	12.00	173.00	1.00	0.22	0.31	0.00	0.00	1
227	332.00	26.00	256.00	57.00	5.91	3.83	0.14	0.00	1
228	248.20	22.00	232.60	51.80	3.84	2.17	0.10	0.00	1
229	248.20	22.00	232.60	51.80	3.84	2.17	0.10	0.00	Weighted average of all wild birds
230	248.20	22.00	232.60	51.80	3.84	2.17	0.10	0.00	Weighted average of all wild birds
231	248.20	22.00	232.60	51.80	3.84	2.17	0.10	0.00	Weighted average of all wild birds
232	248.20	22.00	232.60	51.80	3.84	2.17	0.10	0.00	Weighted average of all wild birds
233	248.20	22.00	232.60	51.80	3.84	2.17	0.10	0.00	Weighted average of all wild birds
234	248.20	22.00	232.60	51.80	3.84	2.17	0.10	0.00	Weighted average of all wild birds
235	248.20	22.00	232.60	51.80	3.84	2.17	0.10	0.00	Weighted average of all wild birds

	P (mg)	MG (mg)	K (mg)	NA (mg)	FE (mg)	ZN (mg)	CU (mg)	MN (mg)	Sources
236	248.20	22.00	232.60	51.80	3.84	2.17	0.10	0.00	Weighted average of all wild birds
237	248.20	22.00	232.60	51.80	3.84	2.17	0.10	0.00	Weighted average of all wild birds
238	248.20	22.00	232.60	51.80	3.84	2.17	0.10	0.00	Weighted average of all wild birds
239	248.20	22.00	232.60	51.80	3.84	2.17	0.10	0.00	Weighted average of all wild birds
240	248.20	22.00	232.60	51.80	3.84	2.17	0.10	0.00	Weighted average of all wild birds
241	248.20	22.00	232.60	51.80	3.84	2.17	0.10	0.00	Weighted average of all wild birds
242	248.20	22.00	232.60	51.80	3.84	2.17	0.10	0.00	Weighted average of all wild birds
243	248.20	22.00	232.60	51.80	3.84	2.17	0.10	0.00	Weighted average of all wild birds
244	248.20	22.00	232.60	51.80	3.84	2.17	0.10	0.00	Weighted average of all wild birds
245	248.20	22.00	232.60	51.80	3.84	2.17	0.10	0.00	Weighted average of all wild birds
246	248.20	22.00	232.60	51.80	3.84	2.17	0.10	0.00	Weighted average of all wild birds
247	248.20	22.00	232.60	51.80	3.84	2.17	0.10	0.00	Weighted average of all wild birds
248	248.20	22.00	232.60	51.80	3.84	2.17	0.10	0.00	Weighted average of all wild birds
249	248.20	22.00	232.60	51.80	3.84	2.17	0.10	0.00	Weighted average of all wild birds
250	248.20	22.00	232.60	51.80	3.84	2.17	0.10	0.00	Weighted average of all wild birds

Table 1b. Food categories

Category	Count
Bananas	14
Beans	13
Beverages	2
Bread	9
Bushmeat	22
Domestic meat/poultry	9
Dried seafood	5
Dried freshwater fish	1
Freshwater fish	5
Eggs	2
Fruits	30
Greens	33
Insects	6
Nuts	2
Palm hearts	28
Pasta	2
Rice	3
Seafood	5
Spices	2
Staples	8
Store-bought goods	7
Sugar	4
Vegetables	14
Wild birds	24
Total	250

Table 2. Proxied food items

ID	Variable	Malagasy Name	English Name	Category	Proxy	Proxied nutrients
3	fonamb	Fontsy Ambarababoaka	Latundan Banana	Bananas	Traditional banana cooked	All
4	fonand	Fontsy andatra	Latundan Banana	Bananas	Traditional banana cooked	All
8	fonmak	Fontsy makoa	Red Banana	Bananas	Traditional banana cooked	All
9	fonrav	Fontsy malamaravina	Latundan Banana	Bananas	Traditional banana cooked	All
14	varfon	Vary sy fontsy	Rice and banana mixture	Bananas	Averaged the nutritional composition of traditional banana and rice, assuming even weights	All
19	antsot	Antsotry	Type of beans	Beans	Green bean, cooked	All
20	antvong	Antidahivondraka	Type of beans	Beans	Average of cowpeas, kidney, mung, lima beans	All
21	bethaz	Betanihazo	Type of beans	Beans	Cowpeas, boiled	All
22	grop	Gros pois	Type of beans	Beans	Lima beans	All
23	telvo	Telovolana	Type of beans	Beans	Cowpeas, boiled	All
24	tsias	Tsiasisa	Type of beans	Beans	Mung beans, boiled, without salt	All
25	vam	Vamaho	Black sesames	Beans	Sesame seed, unspecified white or black	All
26	voamai	Voamaina	Beans (not specified)	Beans	Kidney beans (mature, boiled, without salt)	All
27	voatsi	Voantsiroko	Type of beans	Beans	Cowpeas, boiled	All
31	beig	Beignets	Doughnuts	Bread	Wheat, dough, deep fried	All
32	belar	Belaro	Type of bread	Bread	English muffin	All
33	mofbok	Mofokokety	Type of bread	Bread	Cassava flour	All
34	mofgas	Mofogasy	Type of bread	Bread	Wheat, dough, deep fried	All
35	mofok	Mofok	Bread	Bread	Sourdough bread	All
36	mofon	Mofok fontsy	Bread	Bread	Sourdough bread	All

37	mofrav	Mofo ravina	Rice and banana bread	Bread	Averaged the nutritional composition of traditional banana and rice, assuming even weights	All
38	mofvzah	Mofo vazaha	Flour bread	Bread	Sourdough bread	All
39	bokom	Bokombolo	Eastern lesser bamboo lemur	Bushmeat	Wild boar	fat, carbs, fatty acids, chol, fib, suc, vitamins, P, Na
40	sokin	Sokina	Greater hedgehog tenrec	Bushmeat	Wild boar	fat, carbs, fatty acids, chol, fib, suc, vitamins, P, Na
41	trandr	Trandraka	Tailless tenrec	Bushmeat	Wild boar	fat, carbs, fatty acids, chol, fib, suc, vitamins, P, Na
42	varkos	Gidro	White-headed lemur	Bushmeat	Wild boar	fat, carbs, fatty acids, chol, fib, suc, vitamins, P, Na
43	ampon	Fotsife	Eastern woolly lemur	Bushmeat	Hapalemur griseus and wild boar	Wild boar: fat, carbs, fib, suc, fatty acids, chol, vitamins, P, Na; Hapalemur: remainder
44	andreh	Andrehy	Madagascan rousette	Bushmeat	Pteropus rodricensis and wild boar	Wild boar: fat, carbs, fib, suc, fatty acids, chol, vitamins, P, Na; Pteropus: remainder
45	antsaora	Antsaora	Lowland streaked tenrec	Bushmeat	Setifer setosus and wild boar	Wild boar: fat, carbs, fib, suc, fatty acids, chol, vitamins, P, Na; Setifer: remainder

46	ayeaye	Aye-aye	Aye-aye	Bushmeat	Eulemur albifrons and wild boar	Wild boar: fat, carbs, fib, suc, fatty acids, chol, vitamins, P, Na; Eulemur: remainder
47	babkot	Babakoto	Indri, babakoto, primate	Bushmeat	Hapalemur griseus and wild boar	Wild boar: fat, carbs, fib, suc, fatty acids, chol, vitamins, P, Na; Hapalemur: remainder
48	bib	Bibidia	Wildlife (unspecified)	Bushmeat	Eulemur albifrons and wild boar	Wild boar: fat, carbs, fib, suc, fatty acids, chol, vitamins, P, Na; Eulemur: remainder
49	falanok	Falanoka	Falanouc, rare mongoose-like mammal, endemic	Bushmeat	Weighted average of bushmeat species	All
50	fosa	Fosa	Cat-like, carnivorous mammal, endemic	Bushmeat	Weighted average of bushmeat species	All
51	jaboia	Jaboady	Small Indian civet	Bushmeat	Weighted average of bushmeat species	All
52	kary	Kary	Wild cat	Bushmeat	Weighted average of bushmeat species	All
53	lambodia	Lambo dia	Bushpig	Bushmeat	Wild boar	fat, carbs, fatty acids, chol, fib, suc, vitamins, P, Na
54	radak	Radaka	Leopard frog	Bushmeat	Frog legs, raw	All
55	tomb	Tombokontsodiny	Malagasy civet	Bushmeat	Weighted average of bushmeat species	All
56	tongo	Tongo	Red-bellied lemur	Bushmeat	Eulemur albifrons and wild boar	Wild boar: fat, carbs, fib, suc, fatty acids, chol, vitamins, P, Na; Eulemur: remainder

57	tsid	Tsidy	Brown mouse lemur	Bushmeat	Eulemur albifrons and wild boar	Wild boar: fat, carbs, fib, suc, fatty acids, chol, vitamins, P, Na; Eulemur: remainder
58	tsits	Tsitsiha	Greater dwarf lemur	Bushmeat	Eulemur albifrons and wild boar	Wild boar: fat, carbs, fib, suc, fatty acids, chol, vitamins, P, Na; Eulemur: remainder
59	varkan	Varikandavaka	Lepilemur sp.	Bushmeat	Hapalemur griseus and wild boar	Wild boar: fat, carbs, fib, suc, fatty acids, chol, vitamins, P, Na; Hapalemur: remainder
60	vontsi	Vontsira	Ring-tailed mongoose	Bushmeat	Weighted average of bushmeat species	All
64	angozy	Angozy	Zebu skin and fat (indicine cattle, humped cattle, Brahman)	Domestic meat/poultry; pork/beef	Beef, subcutaneous fat, cooked	All
72	ankor	Anankorana	Dried white shrimp	Dried seafood	(Palaemon spp; Penaeus sp.)	All
74	patsa	Patsa	Dried red shrimp	Dried seafood	(Palaemon spp; Penaeus sp.)	All
75	lksir	Laoko sira	Salted fish (typically larger fish)	Dried seafood	Dried saltwater fish	All
97	zano	Zano	Custard apple	Fruits	Weighted average of all fruits	D, E, B6, fol, P, Mn
99	mangvz	Mangambazaha	Type of fruit	Fruits	Mango	All
100	matbar	Matohabaratra	Type of fruit	Fruits	Weighted average of all fruits	All
101	sakoan	Sakoana	Plum of Cythera, apple kythira, tree Kythera	Fruits	Weighted average of all fruits	All

102	tomat	Tomate	Tomato, ripe	Fruits	Fresh, red, roma tomato	All
103	tsamkob	Tsaminakoba	Type of fruit	Fruits	Weighted average of all fruits	All
104	vanok	Vanonoka	Type of fruit	Fruits	Weighted average of all fruits	All
105	vaor	Vaory	Type of fruit	Fruits	Weighted average of all fruits	All
106	voafk	Voafoko	Type of fruit	Fruits	Weighted average of all fruits	All
108	voakz	Voankazo	Fruit (not specified)	Fruits	Weighted average of all fruits	All
109	voasir	Voasirindrina	Type of fruit	Fruits	Weighted average of all fruits	All
110	vong	Vongo	Type of fruit	Fruits	Weighted average of all fruits	All
111	vontsik	Vontsikobila	Type of fruit	Fruits	Weighted average of all fruits	All
125	anab	Anambe	Type of greens	Greens	Bok choy, raw	All
126	anan	Anana	General term for greens	Greens	Weighted average of all greens	All
127	anbaml	Anamabala	Type of greens	Greens	Weighted average of all greens	All
128	anbon	Ananabontro	Type of greens	Greens	Weighted average of all greens	All
129	angid	Anangidy	Type of greens	Greens	Weighted average of all greens	All
130	angis	Anangisa	Type of greens	Greens	Weighted average of all greens	All
131	anjf	Ananjofa	Type of greens	Greens	Weighted average of all greens	All
132	anlao	Anamafana	Toothache plant, jambu, spot plant	Greens	Weighted average of all greens	All
133	anpats	Anampatsy	Type of greens	Greens	Weighted average of all greens	All
134	antarik	Anantarika	Type of greens	Greens	Weighted average of all greens	All
135	antsal	Anantsalepo	Type of greens	Greens	Weighted average of all greens	All
136	antsek	Anantsenko	Wild ferns	Greens	Fiddlehead ferns	All
137	antsid	Anantsindra	White nightshade	Greens	Nightshade, Ethiopian (Solanum aethiopicum), fruit	All
138	antsinah	Anantsinahy	Type of greens	Greens	Weighted average of all greens	All
139	antsir	Anantsiriry	Rice paddy clovers	Greens	Weighted average of all greens	All
140	antsom	Anantsonga	Type of greens	Greens	Weighted average of all greens	All

141	fela	Felagna	Flowers from Hesikesika	Greens	Weighted average of all greens	All
142	pets	Petsay	Turnip greens	Greens	Brassica rapa: Turnip greens, raw	All
143	ravhets	Ravina hetsika	Type of greens	Greens	Weighted average of all greens	All
144	raving	Ravina angivy	Type of greens	Greens	Weighted average of all greens	All
145	solof	Solofoko	Type of greens (like hesikesika but wild forest version)	Greens	Weighted average of all greens	All
147	ankantel	Ankaninantely	Fresh honeycomb	Insects	Honey, raw	All
148	lafa	Lafa	Beetle larvae	Insects	Beetle larvae (mealworm)	All
149	lafbit	Lafa bitay	Rhinoceros beetle grub	Insects	Beetle larvae (mealworm)	All
150	lafoh	Lafa fohy	Beetle larvae	Insects	Beetle larvae (mealworm)	All
151	tsibo	Tsibobona	No common name	Insects	Cybister sp.	All
153	vakor	Vakoromanga	Type of nut	Nuts	Peanuts, all types, boiled, with salt	All
182	longf	Longo fy	Type of pasta	Pasta	Pasta, homemade, with egg, cooked	All
183	pate	Pate	Pasta	Pasta	Pasta, homemade, with egg, cooked	All
184	varh	Vary horaka	Paddy rice	Rice	Brown rice, boiled	All
185	varj	Vary jinja	Swidden rice	Rice	Brown rice, boiled	All
186	vary_mas	Vary masaka	Cooked rice	Rice	Brown rice, boiled	All
188	ordv	Orandava	Prawns	Seafood	Shrimp, combined with weighted average of all seafood	fatty acids; chol; A, E, fol, B12; Mg, K, Na, Fe, Zn, Cu, Mn, B6
189	orita	Orita	Octopus	Seafood	Shrimp, combined with weighted average of all seafood	fatty acids; chol; A, E, fol, B12; Mg, K, Na, Fe, Zn, Cu, Mn, B6

190	orlen	Orana legny	Fresh shrimp	Seafood	Weighted average of all seafood	Cu, Mn, B6
200	hanbrk	Hanimbiroka	Unspecified type of root vegetable	Staples	Root vegetable average	All
214	agiv	Angivy	African eggplant, type of nightshade	Vegetables	Nightshade, Ethiopian (Solanum aethiopicum), fruit	All
219	papang	Papangay	Loofa gourd, sponge gourd	Vegetables	Weighted average of all vegetables	fatty acids, suc, D, E, C B6, fol, Mg, Zn, Cu, Mn
220	patsol	Patrola	Loofa gourd, sponge gourd	Vegetables	Weighted average of all vegetables	fatty acids, suc, D, E, C B6, fol, Mg, Zn, Cu, Mn
225	ambarbanj	Ambarabanjina	Type of vegetable in cucumber family	Vegetables	Cucumber, with peel, raw	All
226	voangar			Vegetables	Chayote, boiled without salt	All
228	akanga	Akanga	Guinea Fowl	Wild birds	Guinea hen, meat and skin	All
229	ambos	Ambosanga	Type of wild bird	Wild birds	Average of dove, wild duck, pheasant, quail, pigeon	All
230	boeza	Boeza	Lesser vasa parrot	Wild birds	Average of dove, wild duck, pheasant, quail, pigeon	All
231	dom	Domohina	Type of wild bird	Wild birds	Average of dove, wild duck, pheasant, quail, pigeon	All
232	fangad	Fangadiovy	Type of wild bird	Wild birds	Average of dove, wild duck, pheasant, quail, pigeon	All
233	firas	Firasa	Hawk	Wild birds	Average of dove, wild duck, pheasant, quail, pigeon	All
234	fod	Fody	Type of wild bird	Wild birds	Average of dove, wild duck, pheasant, quail, pigeon	All

235	hitsik	Hetsiketsika	Hawk	Wild birds	Average of dove, wild duck, pheasant, quail, pigeon	All
236	kaikmav	Kaikimavo	Type of wild bird	Wild birds	Average of dove, wild duck, pheasant, quail, pigeon	All
237	kilan	Kilandy	Type of wild bird	Wild birds	Average of dove, wild duck, pheasant, quail, pigeon	All
238	koa	Koa	Type of wild bird	Wild birds	Average of dove, wild duck, pheasant, quail, pigeon	All
239	lampir	Lampirana	Type of wild bird	Wild birds	Average of dove, wild duck, pheasant, quail, pigeon	All
240	mariah	Mariha	Type of wild bird	Wild birds	Average of dove, wild duck, pheasant, quail, pigeon	All
241	papa	Papango	Hawk	Wild birds	Average of dove, wild duck, pheasant, quail, pigeon	All
242	sob	Sobery	Type of wild bird	Wild birds	Average of dove, wild duck, pheasant, quail, pigeon	All
243	totor	Totoroka	Type of owl	Wild birds	Average of dove, wild duck, pheasant, quail, pigeon	All
244	triala	Tritrikiala	Type of wild bird	Wild birds	Average of dove, wild duck, pheasant, quail, pigeon	All
245	tsik	Tsikoza	Type of wild bird	Wild birds	Average of dove, wild duck, pheasant, quail, pigeon	All
246	tsir	Tsiriry	Type of wild bird	Wild birds	Average of dove, wild duck, pheasant, quail, pigeon	All
247	vorad	Vorona dy	Type of wild bird	Wild birds	Average of dove, wild duck, pheasant, quail, pigeon	All
248	vorb	Vorombe	Hawk	Wild birds	Average of dove, wild duck, pheasant, quail, pigeon	All
249	vorkah	Voronkahaka	Type of wild bird	Wild birds	Average of dove, wild duck, pheasant, quail, pigeon	All
250	vorts	Vorontsaina	Type of wild bird	Wild birds	Average of dove, wild duck, pheasant, quail, pigeon	All

Table 3. References

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* Mineral analysis was conducted in the Glahn laboratory at Cornell University following an established methodology (Tako et al. 2013).

Tako, E, Hoekenga, OA, Kochian, LV, & Glahn, RP (2013). High Bioavailablilty Iron Maize (zea maysl.) Developed Through Molecular Breeding Provides More Absorbable Iron In-vitro (caco-2) And In-vivo (gallusgallus). *Annals of Nutrition and Metabolism*, 63, 252.

Supplemental Table S4: Summary statistics for food categories (g/consumed/day per individual, at household meals)

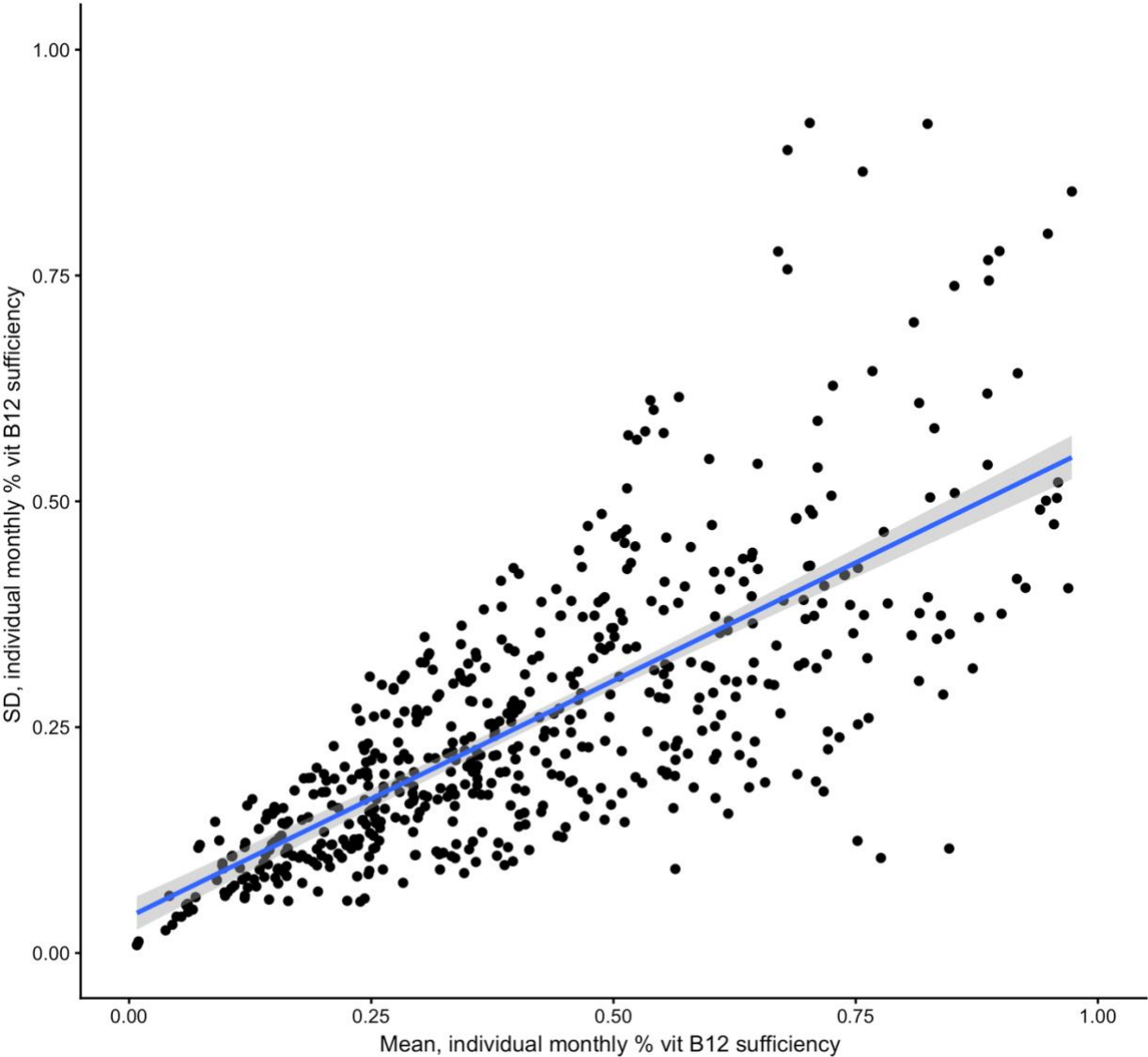
Food category	Mean (g)	SD (g)	Min (g)	Max (g)
Cereals	624.8	333.5	39.3	2134.8
Roots and tubers	137.6	248.4	0.0	3571.7
Vegetables	79.3	63.9	0.0	705.1
Fruits	144.8	172.7	0.0	2246.8
Wild meat	5.5	16.4	0.0	234.5
Domestic meat	32.0	44.9	0.0	544.2
Eggs	0.1	1.2	0.0	24.5
Fish	16.9	25.6	0.0	653.2
Pulses	4.8	10.1	0.0	154.2
Milk and dairy	1.6	11.1	0.0	262.1
Oils/fats	2.7	3.7	0.0	37.1
Sugar	36.3	138.5	0.0	3044.5
Miscellaneous	8.6	101.2	0.0	3801.2

Supplemental Table S5: Dietary intake of carbohydrates, fats, and other nutrients without an Estimated Average Requirement provided by the Institutes of Medicine

Nutrient	Unit (person/day)	Mean	Median	SD	Min	Max
Carbohydrates	g	262.8	257.1	138.9	25.0	1246.1
Total fat	g	30.8	27.1	21.6	2.0	268.5
Saturated fat	g	21.2	19.6	12.6	1.5	88.6
Monounsaturated fat	g	7.0	4.8	8.9	0.2	172.8
Polyunsaturated fat	g	2.7	2.4	2.2	0.2	33.6
Cholesterol	mg	50.8	32.6	58.6	0.0	827.8
Fiber	g	18.7	15.8	14.0	1.5	166.6
Sucrose	g	18.6	12.2	20.4	0.3	331.6
Potassium	mg	2552.5	1914.7	2259.8	144.8	27628.3
Manganese	mg	2.8	2.7	1.5	0.2	12.6

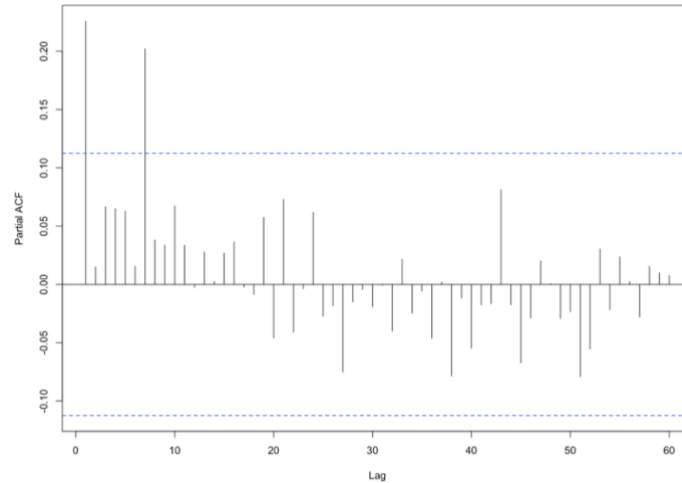
FIGURES

Supplemental Fig. S1: The linear relationship between increasing vitamin B12 consumption and increasing variability in vitamin B12 consumption. Note: 60/623 (9.6%) observations with greater than 100% monthly sufficiency are not shown, for visualization purposes. This relationship is consistent across most nutrients we analyzed.

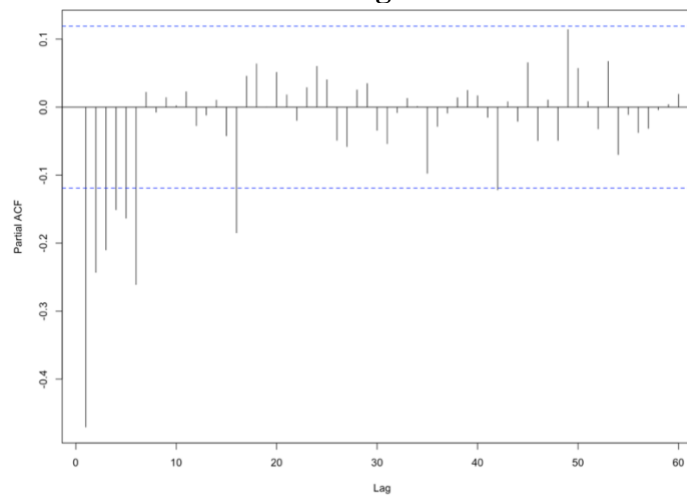


Supplemental Fig. S2: Consumption smoothing

Village 1

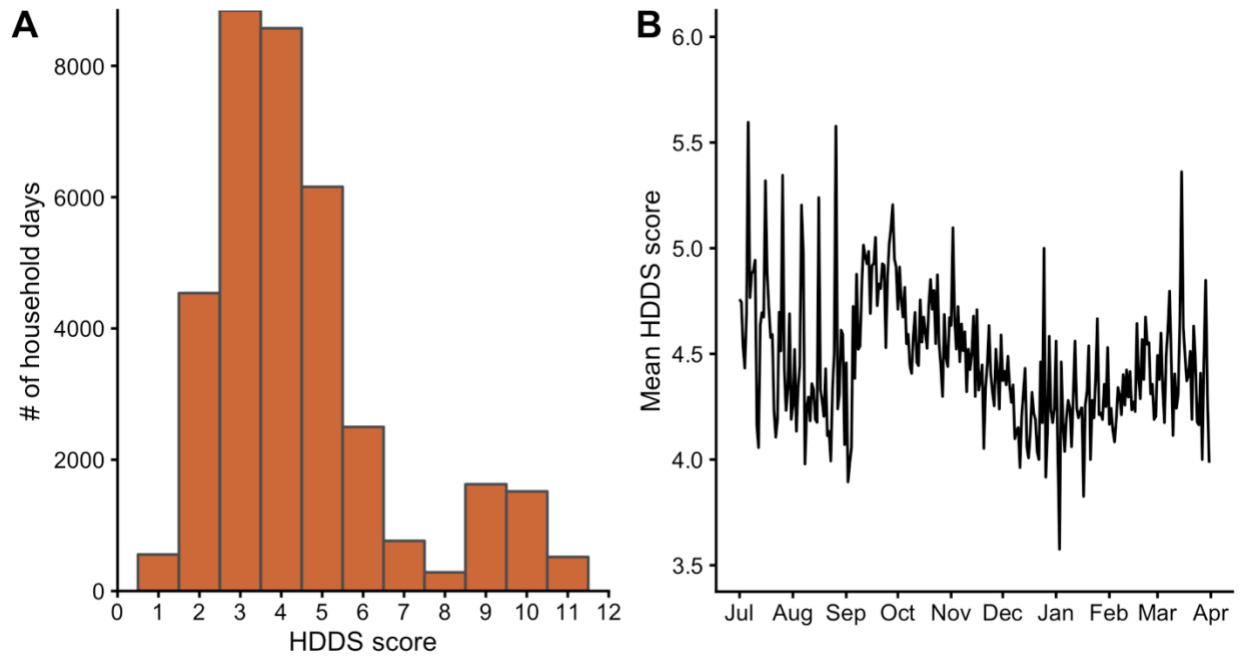


Village 2

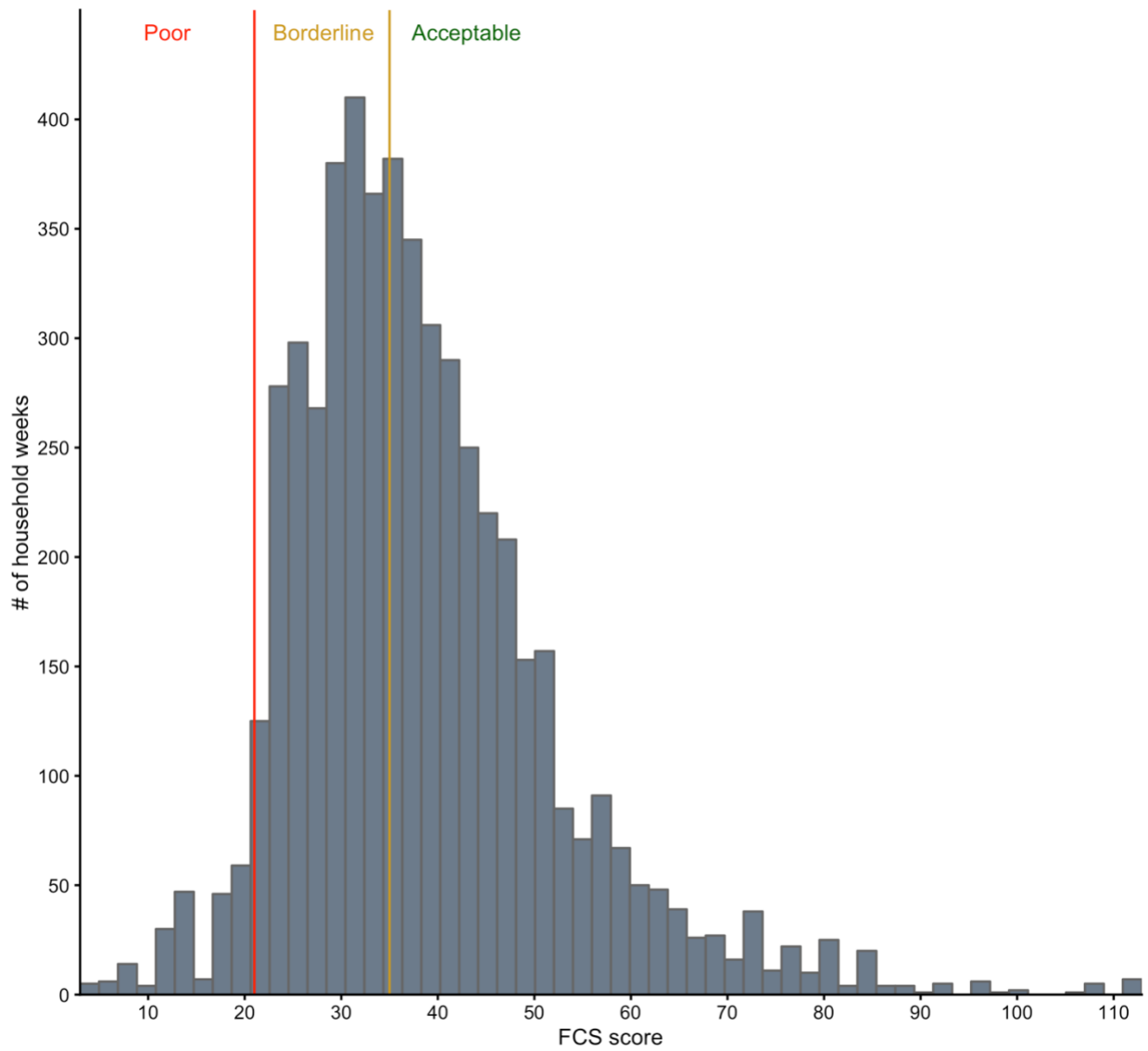


Kilocalorie correlograms for each village, based on fitting autoregressive integrated moving average (ARIMA) models. Blue lines indicate 95% confidence intervals significance intervals; any correlation coefficient within blue lines is insignificant). The village 1 series is stationary in original form; the village 2 series was first-differenced for stationarity. An ARIMA(1,0,2) model provided best fit for village 1; an ARIMA(0,1,1) provided best fit for village 2. Village 1 shows no autocorrelation; the kilocalorie series approximates a random walk. Village 2 shows negative correlation between a given day and the subsequent 1-6 days, suggesting that households mildly smooth consumption over this time frame.

Supplemental Fig. S3: The distribution of Household Dietary Diversity Scores across all household days (panel A) and their seasonal variability (panel B)

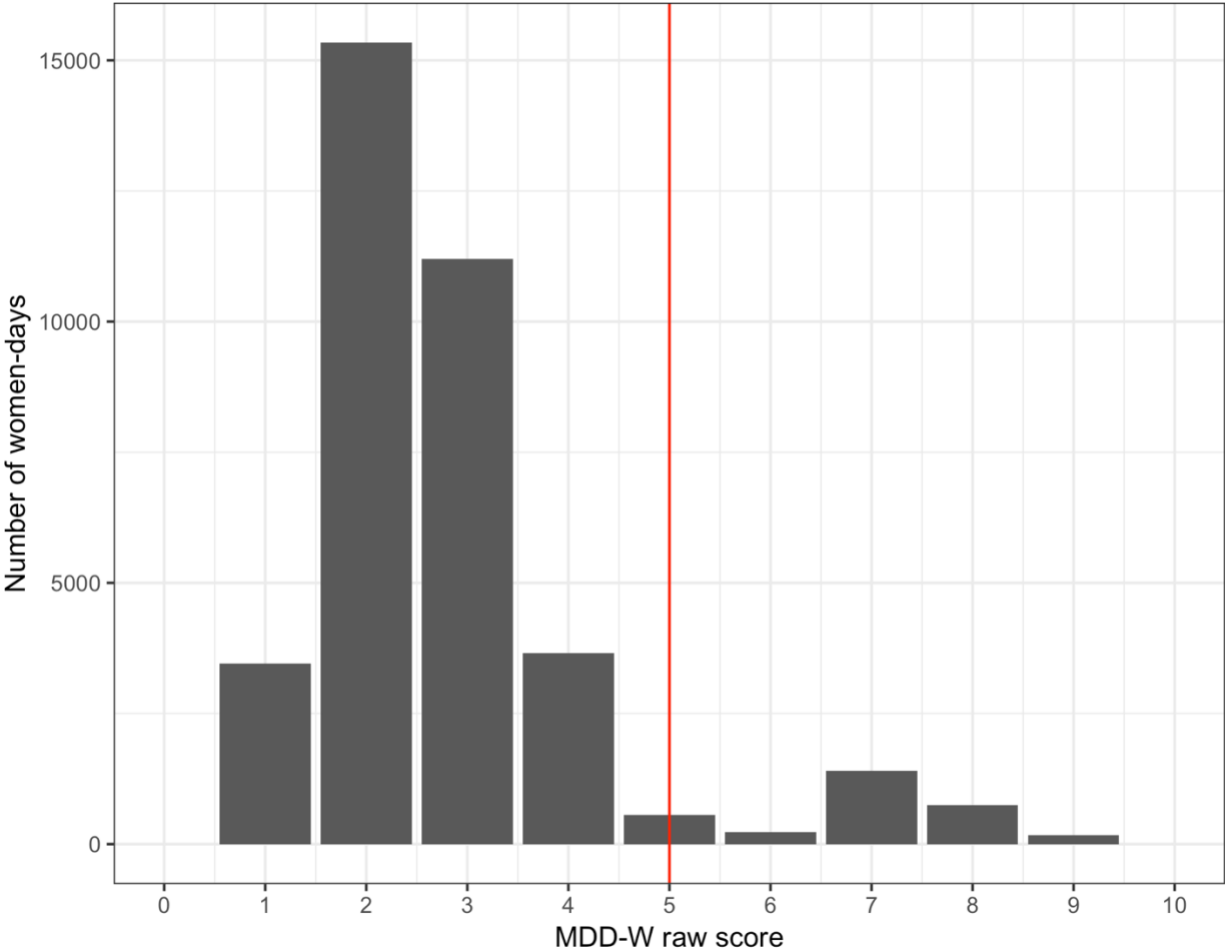


Supplemental Fig. S4: The distribution of Food Consumption Scores for the full set of households weekly experiences (n=5,340)



The FCS ranges from 0 to 112. Scores ≤ 21 are considered “poor,” scores between 21.5 and 35 are “borderline,” (BL) and scores >35 “acceptable.”

Supplemental Fig. S5: The distribution of Minimum Dietary Diversity Scores for Women (MDD-W) for the full set of reproductive-aged women's daily experiences (n=36,662)



The MDD-W ranges from 0 to 10 with five food groups being the threshold for high dietary diversity. Anything less than five food groups indicates low dietary diversity.