

Supplementary Figures

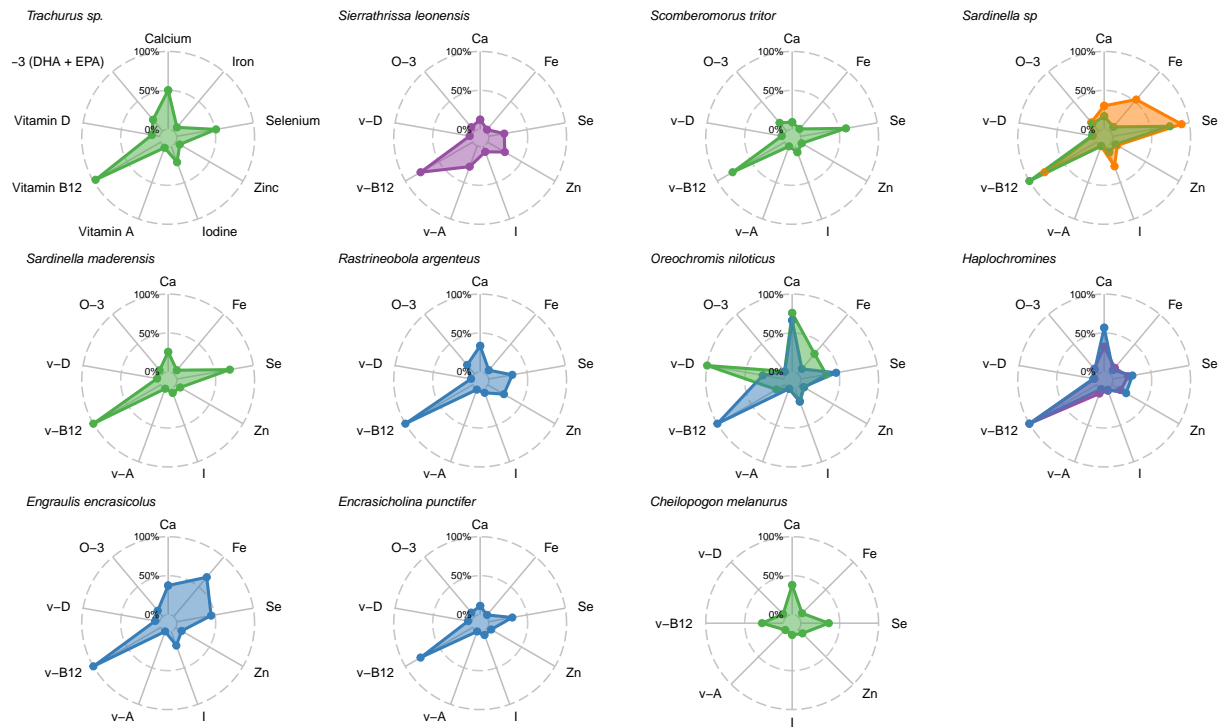


Fig. S1. Nutrient content of processed fish species. Radars show contribution of 6 g portion to recommend intakes of each nutrient, for each sampled species. Plots coloured by processing type.

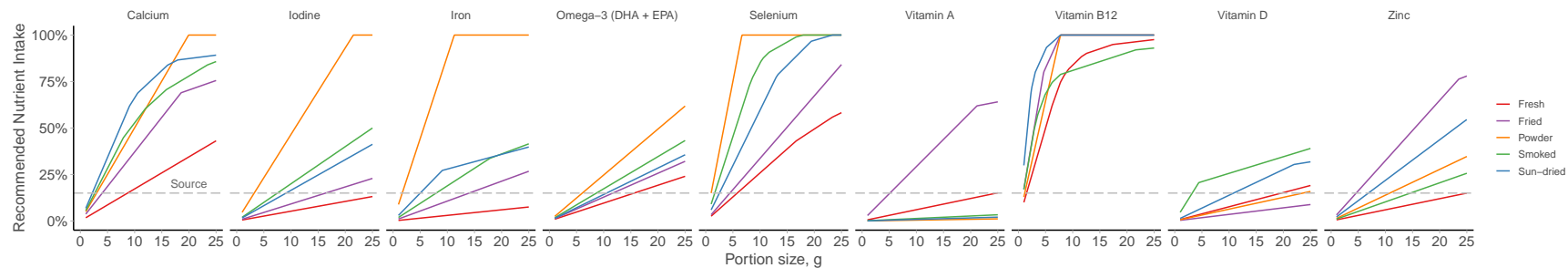


Fig. S2. Portion size of processed fish species required to reach recommended nutrient intakes. Lines show the contribution to RNI (children 0.5 - 5 years old) across range in portion sizes, for each nutrient and by processing type. 15% is the RNI for a food to qualify as a source of nutrients.

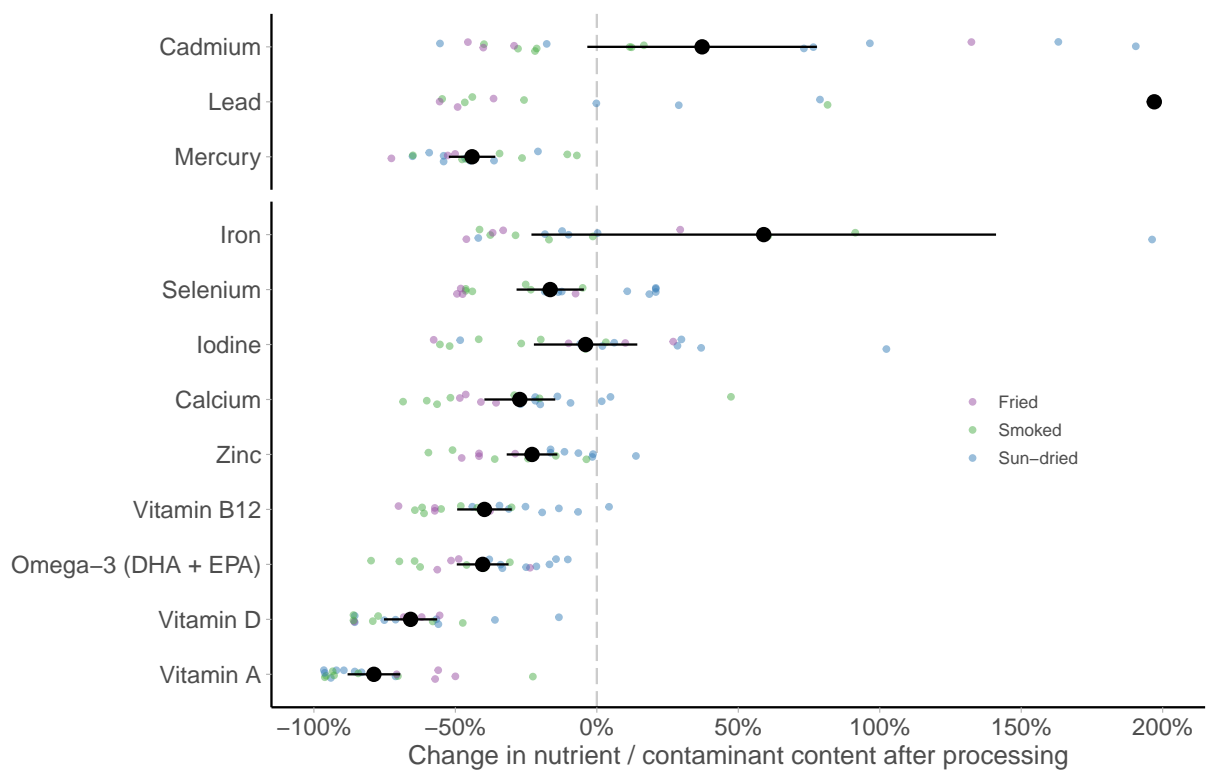


Fig. S3. Percent change in nutrient content after processing, comparing fresh and processed samples on a wet-weight basis.

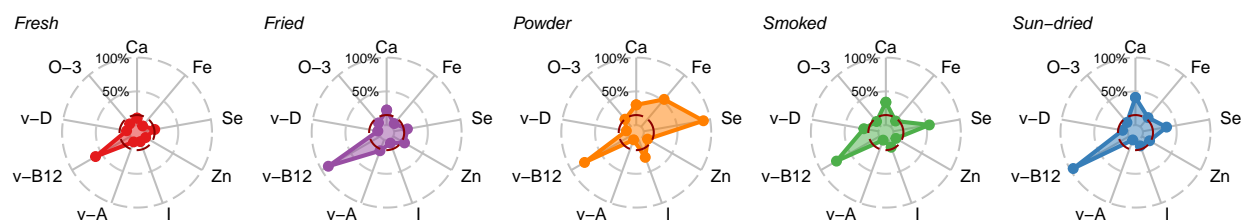


Fig. S4. Nutrient content of fish species by processing type. Radars show contribution of 6 g portion to recommend intakes of each nutrient, for processing type, averaged across species.

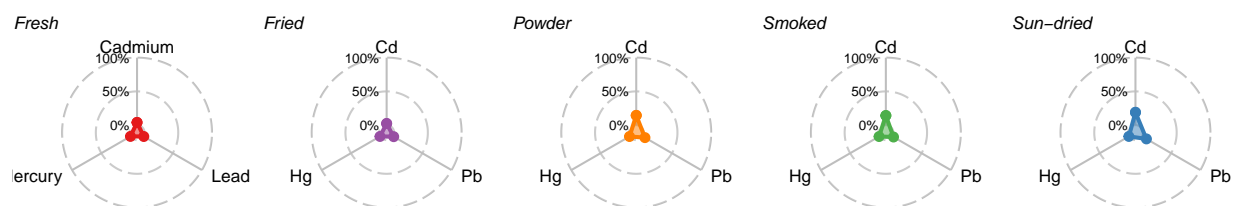


Fig. S5. Contaminant content of fish by processing type. Radars show contribution of 6 g portion to maximum permissible level of three heavy metals, for each processing type, averaged across species.

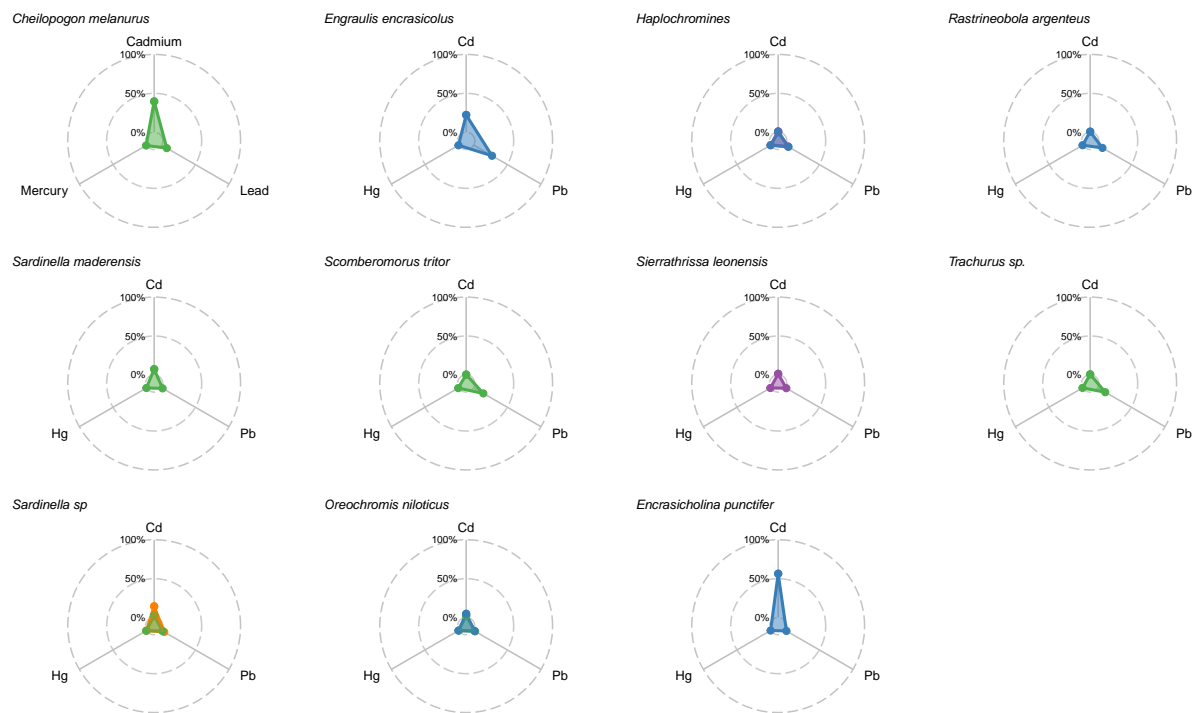


Fig. S6. Contaminant content of processed fish species. Radars show contribution of 6 g portion to maximum permissible level of three heavy metals, for each sampled species. Plots coloured by processing type.