

Supplementary Figures

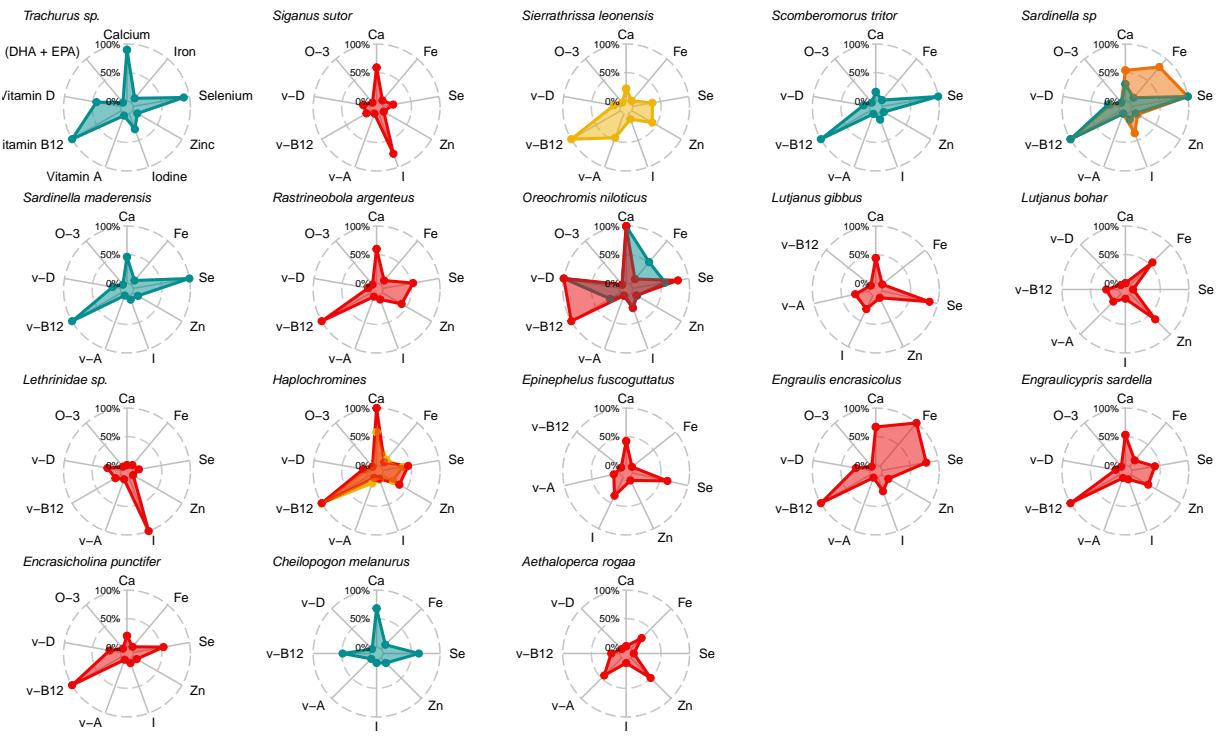


Fig. S1. Nutrient content of processed fish species. Radars show contribution of 9 g portion to recommend intakes of each nutrient, for each sampled species. Plots coloured by processing type.

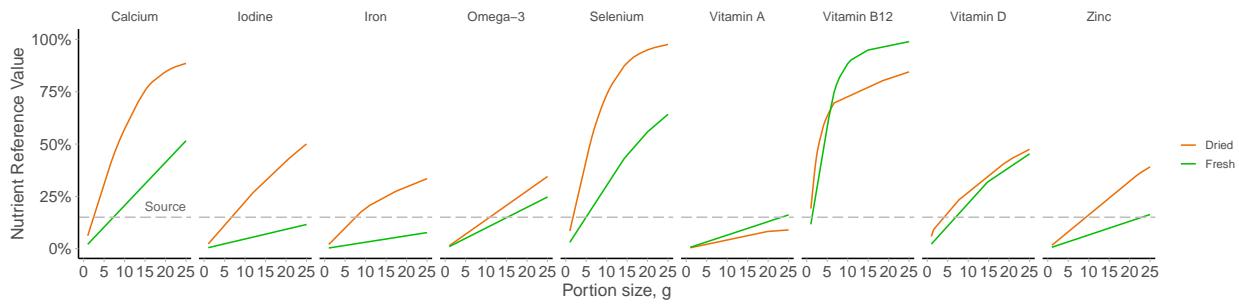


Fig. S2. Portion size of processed fish species required to reach recommended nutrient intakes.
Lines show the contribution to NRV (children 0.5 - 5 years old) across range in portion sizes, for each nutrient and by processing type. We use 15% NRV as a threshold for a 'source' of a specific nutrient.

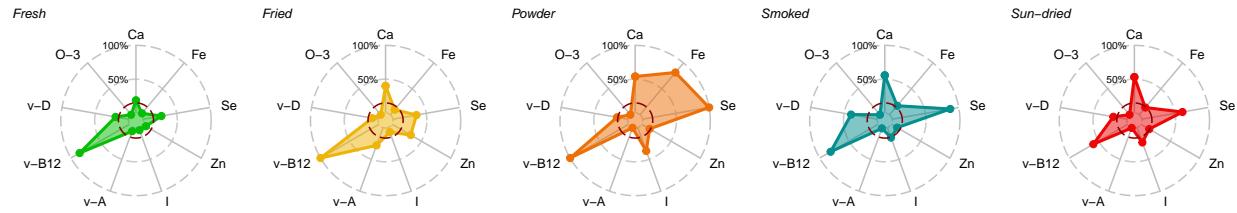


Fig. S3. Nutrient content of fish species by processing type. Radars show contribution of 9 g portion to recommend intakes of each nutrient, for processing type, averaged across species.

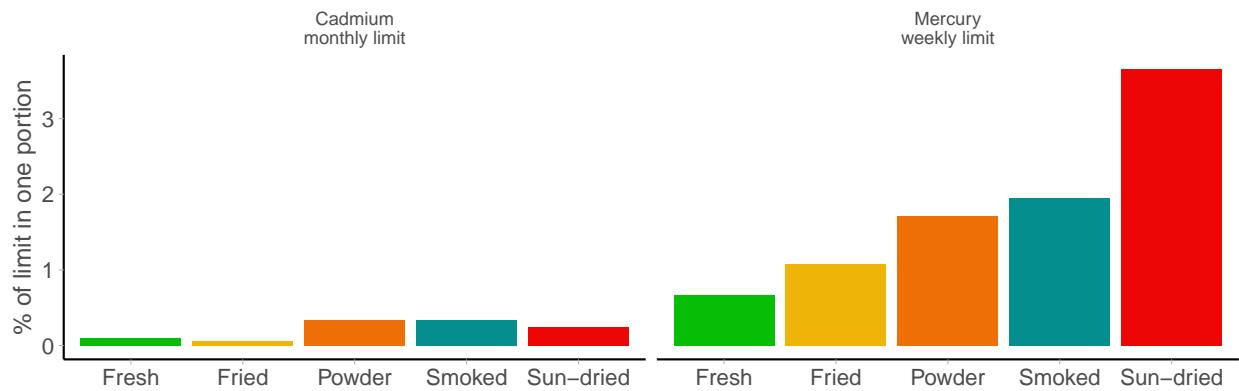


Fig. S4. Contaminant content of fish by processing type. Bars show contribution of 9 g portion to exposure limits of cadmium and mercury for each processing type, averaged across species.

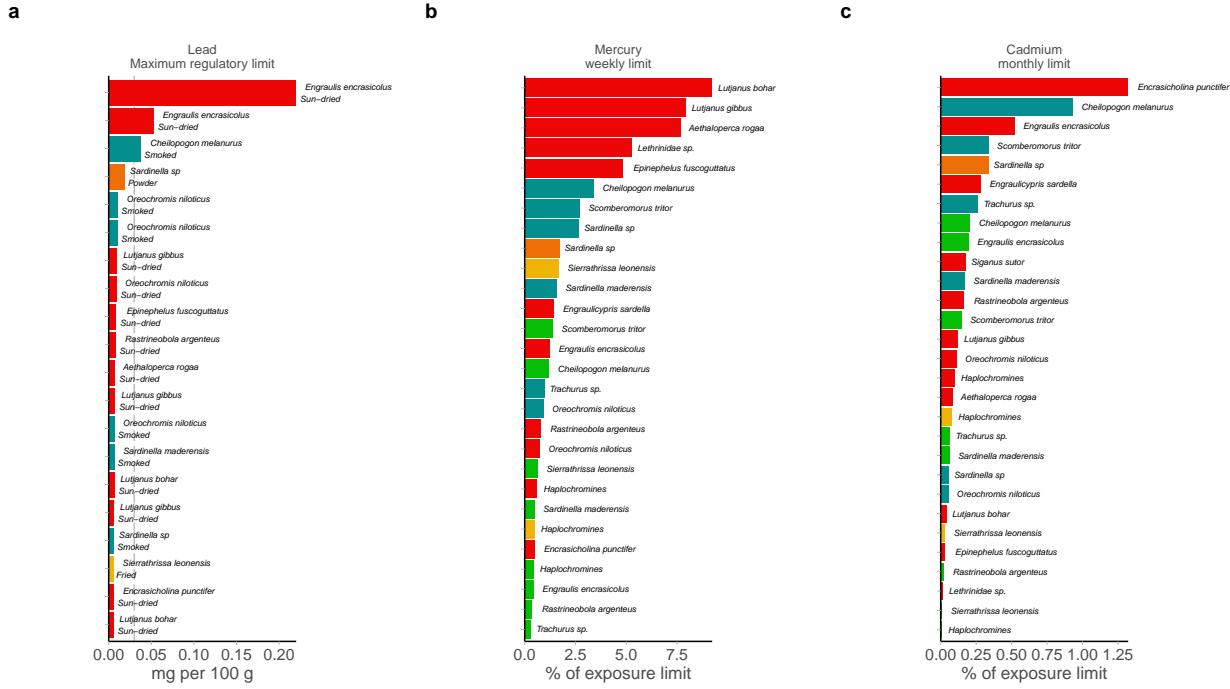


Fig. S5. Contaminant content of processed fish species. a) Bars show 20 individual samples with the highest lead content, with three samples exceeding the maximum regulatory limit (0.3 mg/kg). For b) cadmium and c) mercury, bars show the contribution of 9 g portion to exposure limits offor each sampled species, coloured by processing type.

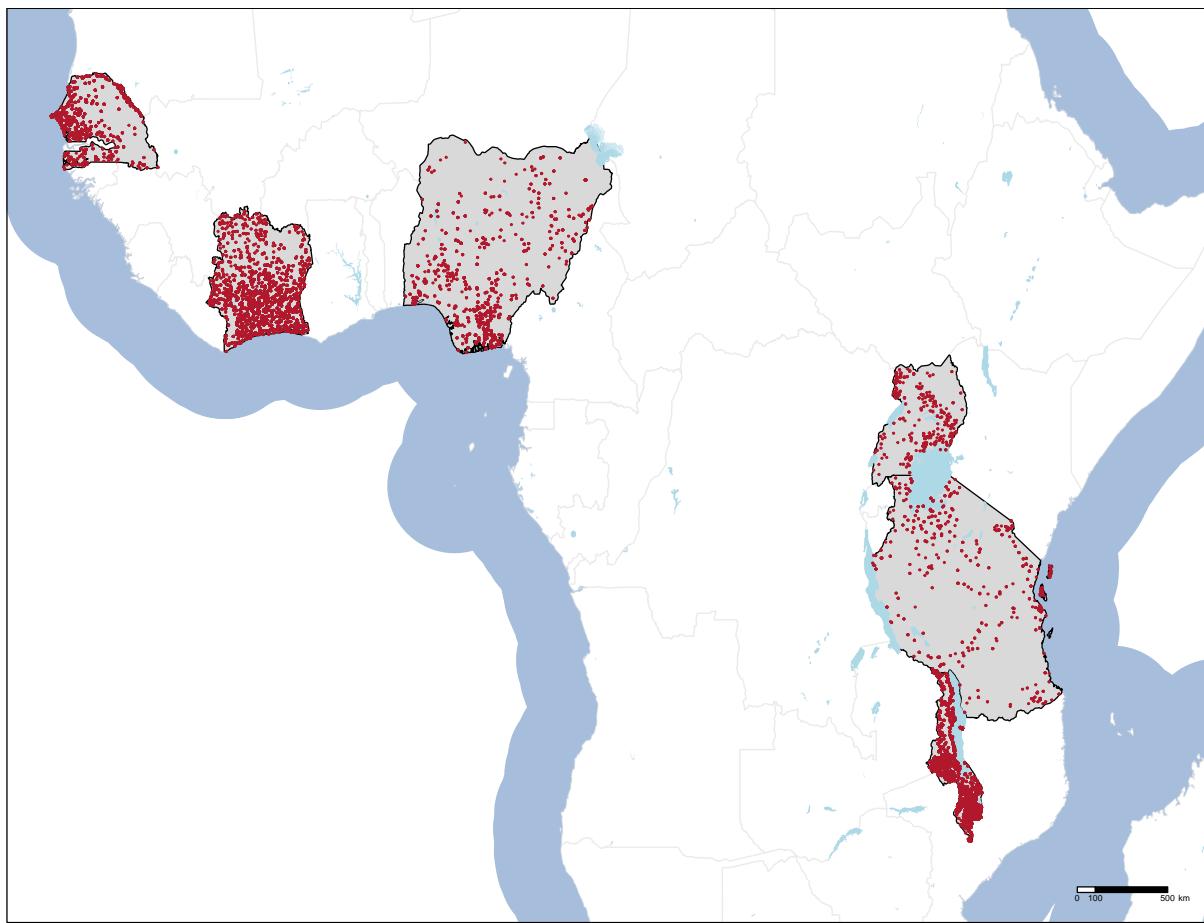


Fig. S6. Geographical location of LSMS across six countries.. Red points are surveyed households.

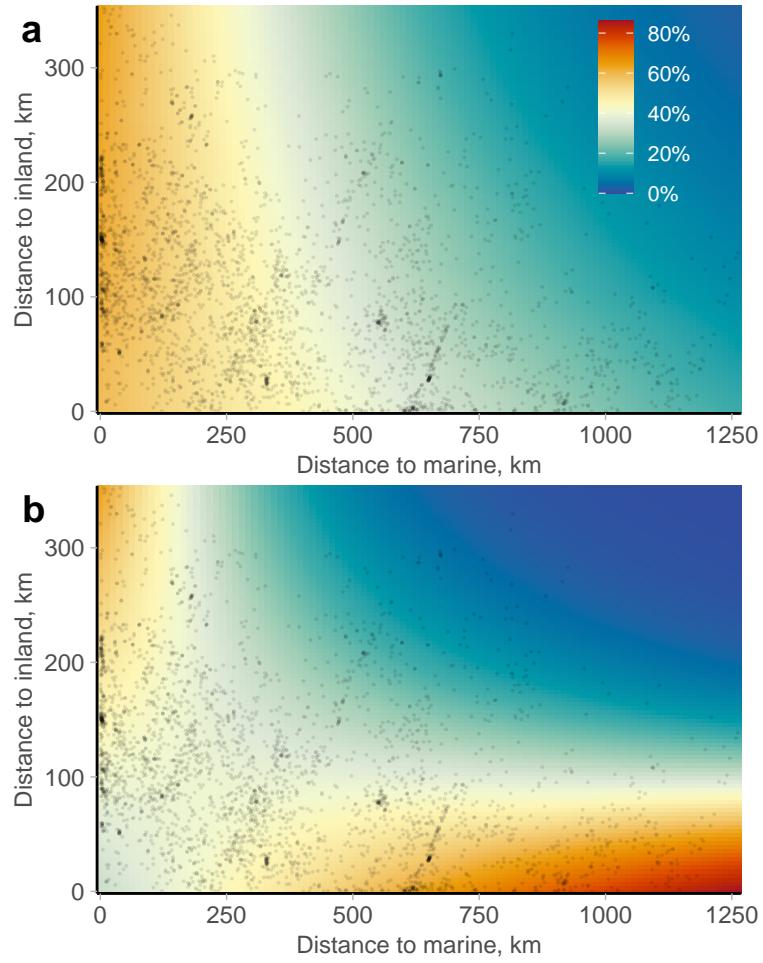


Fig. S7. Effect of distance to water on consumption of dried (a) and fresh (b) fish. Heat maps show median predicted probability of fish consumption (low = blue, high = red) along gradients in marine and inland water access. Heat maps are overlaid with the average location of all household clusters in LSMS.