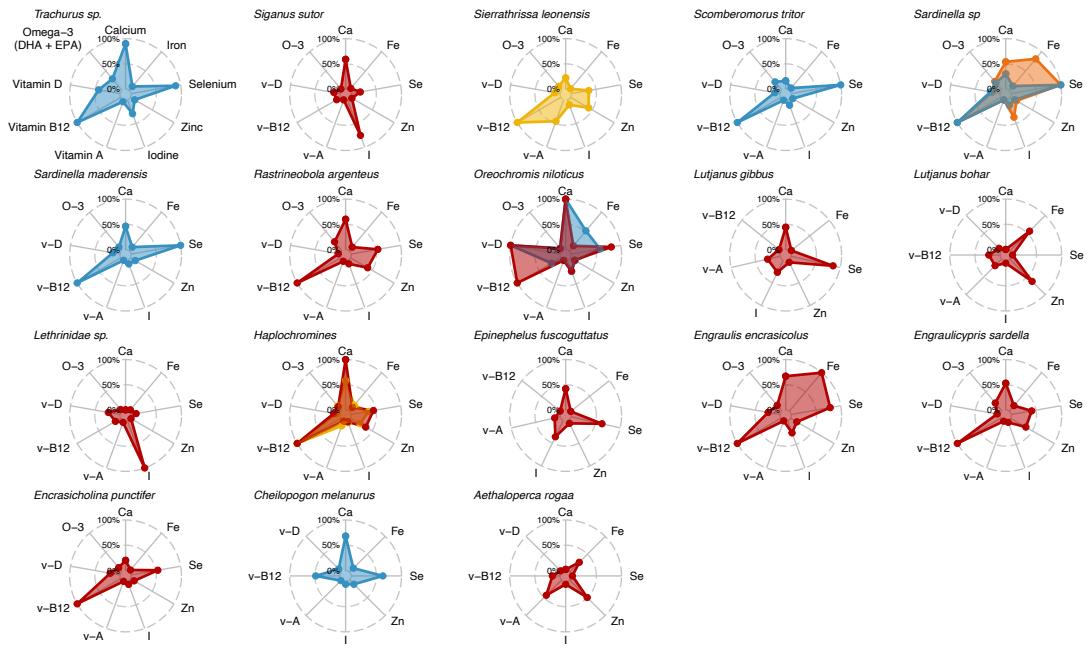
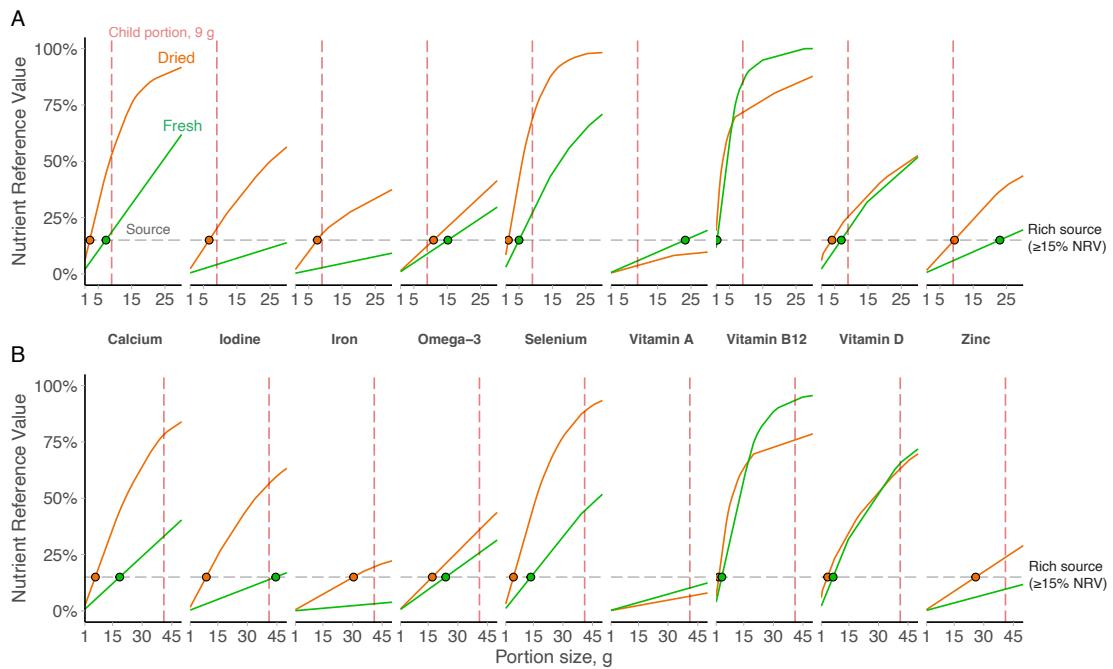


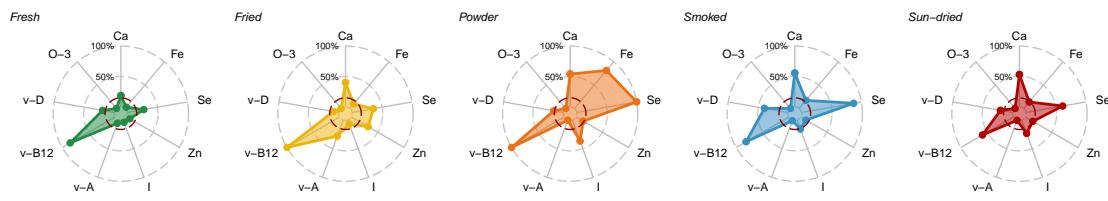
## **Supplementary Figures and Tables**



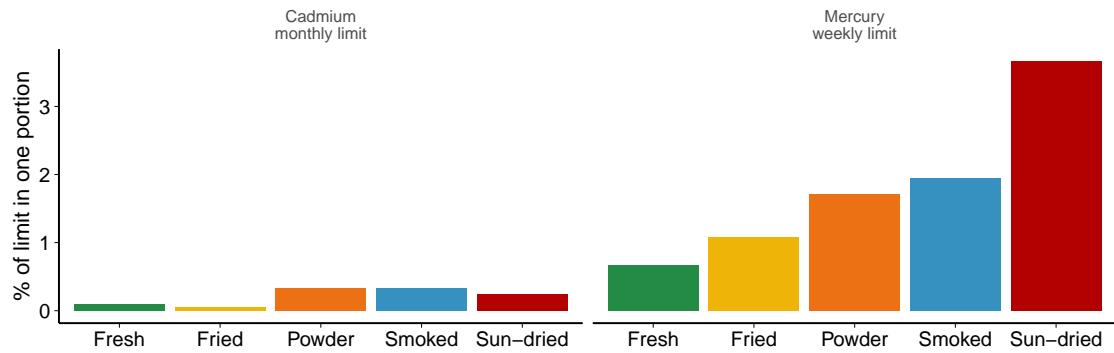
**Fig. S1. Nutrient content of processed fish species.** Radars show contribution of 9 g portion to recommend intakes of each nutrient, for each sampled species. Plots coloured by processing type.



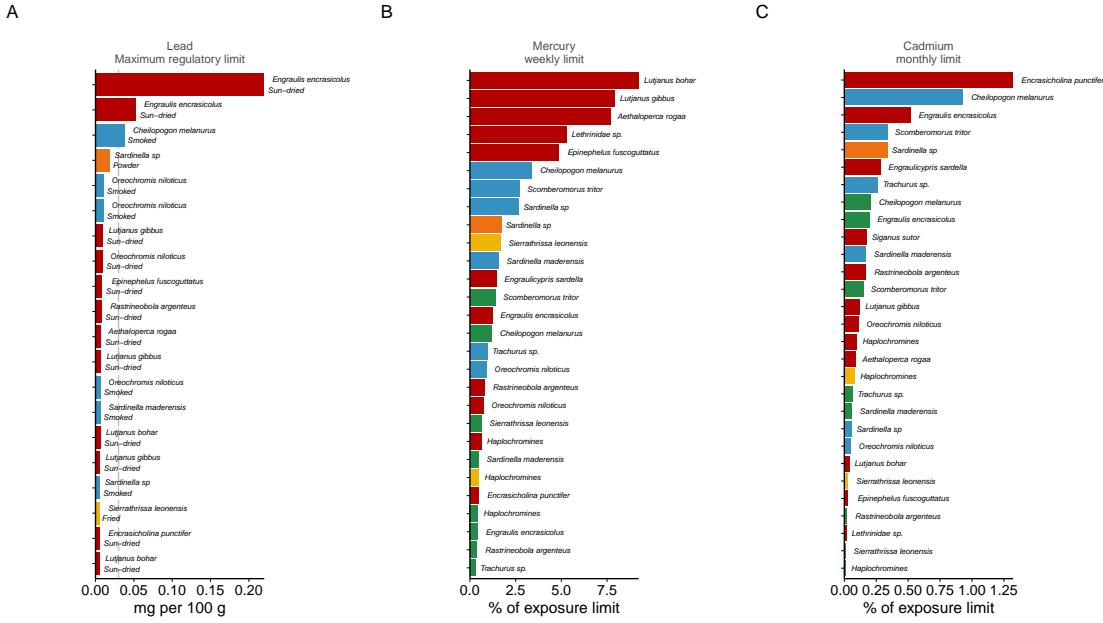
**Fig. S2. Portion size of processed fish species required to reach recommended nutrient intakes.**  
 Lines show the contribution to NRV across range in portion sizes, for each nutrient and by processing type, for young children (A) and adult women (B). We use 15% NRV as a threshold for a ‘rich source’ of a specific nutrient.



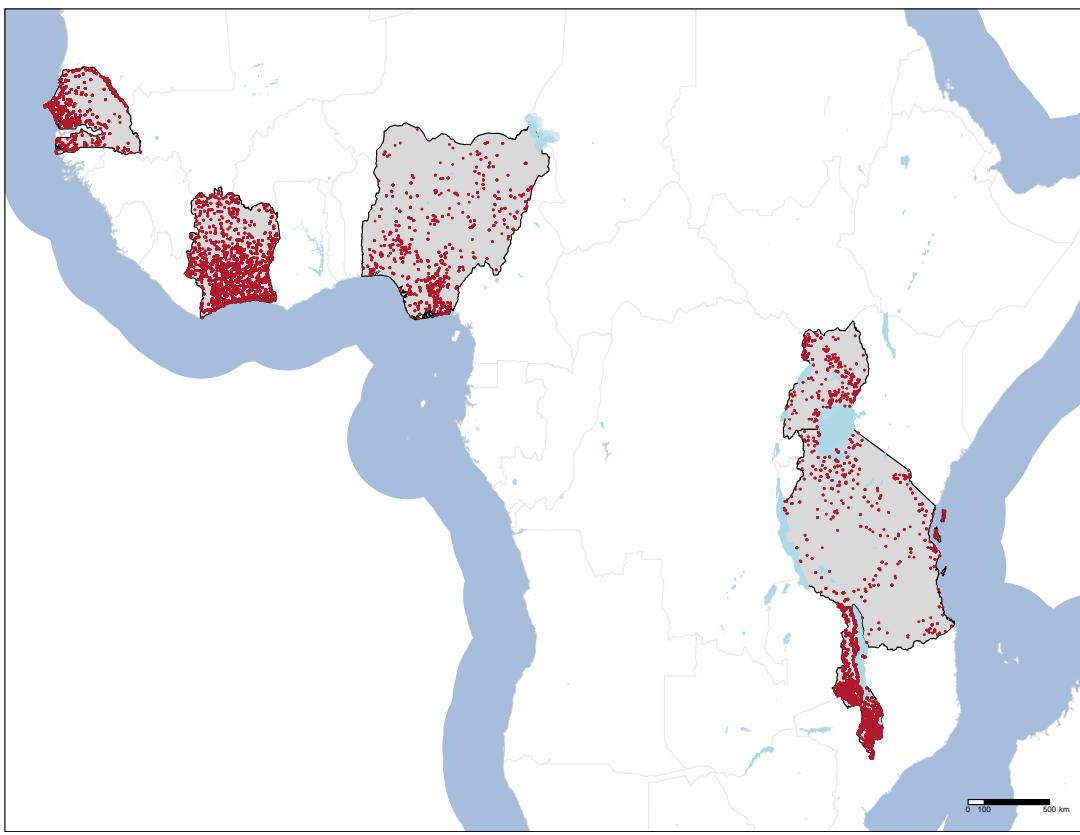
**Fig. S3. Nutrient content of fish species by processing type.** Radars show contribution of 9 g portion to recommend intakes of each nutrient, for processing type, averaged across species.



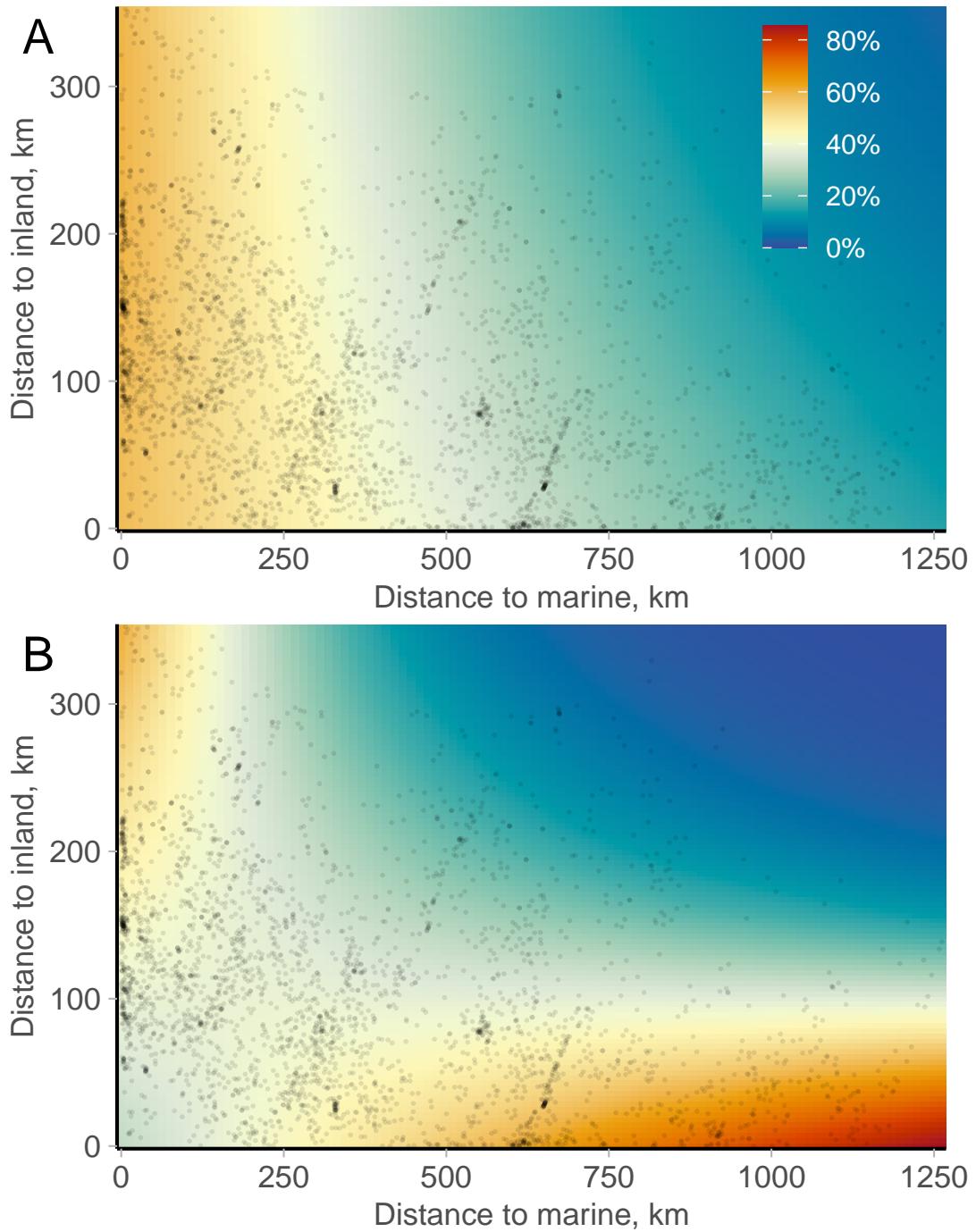
**Fig. S4. Contaminant content of fish by processing type.** Bars show contribution of 9 g portion to exposure limits of cadmium and mercury for each processing type, averaged across species.



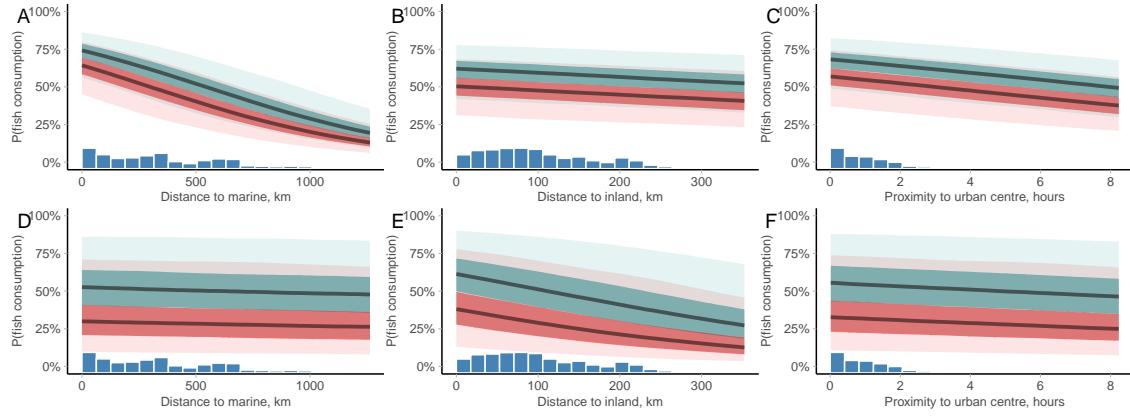
**Fig. S5. Contaminant content of processed fish species.** A) Bars show 20 individual samples with the highest lead content, with three samples exceeding the maximum regulatory limit (0.3 mg/kg). For B) cadmium and C) mercury, bars show the contribution of 9 g portion to exposure limits offor each sampled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



**Fig. S8. Dried (top-row) and fresh (bottom-row) fish consumption for poor and rich households (10% and 90% quantiles of household wealth, respectively).** Panels show distance to marine water (A, D), distance to inland water (B, E), and proximity to urban centre (C, F), where lines are the median posterior predicted probability that a poor (red) or wealthy (blue) household consumed fish (shading = 50% and 95% posterior density intervals). Each posterior prediction holds other covariates at their mean (0). Inset histograms show distribution of observed data.