**Supplemental Table 1: Mean (SD) nutrient intakes, by fishing versus non-fishing households**

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| **Region** | **Fishing**  **household**  **(N=100)** | **Non-fishing**  **household**  **(N=100)** | **P value** |
| **Nutrient** |
| Energy (Kcal) | 861.5 (416.8) | 730.3 (431.8) | **0.030\*** |
| Protein (g) | 27.5 (17.6) | 20.6 (12.8) | **0.002\*\*** |
| Fat (g) | 31.9 (21.0) | 26.6 (19.8) | 0.066 |
| Carbohydrates (g) | 112.6 (53.5) | 98.1 (56.1) | 0.064 |
| Vit A (ug) | 248.8 (268.5) | 231.4 (260.0) | 0.643 |
| Folic (ug) | 38.5 (46.3) | 41.1 (44.7) | 0.681 |
| Vit B1 (mg) | 0.61 (0.4) | 0.50(0.4) | **0.033\*** |
| Vit B2 (mg) | 0.56 (0.4) | 0.53 (0.5) | 0.551 |
| Vit B6 (mg) | 0.29 (0.4) | 0.31 (0.5) | 0.758 |
| Vit C (mg) | 54.5 (103.8) | 44.2 (99.2) | 0.476 |
| Vit E (eq mg) | 1.29 (2.9) | 0.86 (1.6) | 0.188 |
| Folic (ug) | 38.5 (46.3) | 41.1 (44.7) | 0.681 |
| Calcium (mg) | 282.3 (159.0) | 307.7 (241.1) | 0.379 |
| Iron (mg) | 6.9 (3.6) | 5.9 (4.8) | 0.095 |
| Zinc (mg) | 3.13 (1.8) | 3.10 (2.8) | 0.935 |

***\*Significant at p<0.05;*** \* <0.05; \*\* <0.01; \*\*\*<0.001.