

Supplementary Table S1. Proximate composition of edible insects, expressed as g / 100 g DM (mean \pm SEM), except for moisture, which is expressed as g / 100 g insect.

	ACD	ALD	BD	GM	LM	TM	ZM
Total lipids	21.32 \pm 0.36 ^b	21.82 \pm 0.30 ^b	13.96 \pm 0.45 ^a	53.63 \pm 0.80 ^d	32.28 \pm 0.43 ^c	22.61 \pm 0.64 ^b	33.97 \pm 0.82 ^c
<i>Neutral lipids</i>	9.94 \pm 0.33 ^{ab}	10.32 \pm 0.39 ^{ab}	7.91 \pm 0.53 ^a	46.22 \pm 0.88 ^d	24.44 \pm 0.55 ^c	10.79 \pm 0.68 ^b	22.18 \pm 0.98 ^c
<i>Glycolipids</i>	5.85 \pm 0.18 ^b	8.32 \pm 0.54 ^c	2.64 \pm 0.22 ^a	5.97 \pm 0.32 ^b	3.08 \pm 0.31 ^a	9.58 \pm 0.54 ^{cd}	10.61 \pm 0.78 ^d
<i>Phospholipids</i>	5.54 \pm 0.29 ^c	3.18 \pm 0.41 ^b	3.40 \pm 0.39 ^b	1.43 \pm 0.12 ^a	4.76 \pm 0.22 ^c	2.23 \pm 0.28 ^{ab}	1.17 \pm 0.28 ^a
True protein	39.37 \pm 0.10 ^c	55.74 \pm 0.21 ^c	61.49 \pm 0.27 ^f	28.69 \pm 0.53 ^a	44.23 \pm 0.59 ^d	44.68 \pm 0.74 ^d	34.57 \pm 0.20 ^b
Moisture	68.51 \pm 0.13 ^d	72.5 \pm 0.06 ^c	64.10 \pm 0.72 ^c	56.21 \pm 1.77 ^a	62.45 \pm 0.15 ^{bc}	63.00 \pm 0.17 ^{bc}	61.37 \pm 0.06 ^b

^{a-d} Mean values in the same row not followed by a common letter differ significantly ($p < 0.001$). ACD: *A. domesticus*; ALD: *A. diaperinus*; BD: *B. dubia*; GM: *G. mellonella*; LM: *L. migratoria*; TM: *T. molitor*; ZM: *Z. morio*.