

Table S1: Isotopic results for fish from archaeological sites from the historical period, from Belgium. The species are listed in the order they are discussed in the text, and for each species data are given in alphabetical order of the archaeological sites. Results with bad C:N ratios are indicated in red. For fish samples consisting of single bones, an estimation is given of the body length of the fish. In the case of sturgeon the bone elements were too fragmentary to allow size reconstruction, whereas the eel and smelt samples without length estimations are composed of numerous bones from several individuals. S-EVA= lab code of Max Planck Institute for Evolutionary Anthropology.

S-EVA	Species	Common name	Site	Time period (century A.D)	Ecology	$\delta^{13}\text{C}$	$\delta^{15}\text{N}$	C:N	Estimated length (cm SL)
14676	<i>Rutilus rutilus</i>	Roach	Dendermonde, De Cop	14th-15th	Freshwater	-27.9	14.8	4.4	30-32
14677	<i>Rutilus rutilus</i>	Roach	Dendermonde, De Cop	14th-15th	Freshwater	-22.5	10.3	4.1	16-18
14678	<i>Rutilus rutilus</i>	Roach	Dendermonde, De Cop	14th-15th	Freshwater	-28.6	15.2	4.6	15-17.5
14679	<i>Rutilus rutilus</i>	Roach	Dendermonde, De Cop	14th-15th	Freshwater	-25.9	15.8	4.1	14-16
14680	<i>Rutilus rutilus</i>	Roach	Dendermonde, De Cop	14th-15th	Freshwater	-27.1	15.3	4.0	17.5-20
14681	<i>Rutilus rutilus</i>	Roach	Dendermonde, De Cop	14th-15th	Freshwater	-30.1	10.1	4.1	10-15
14682	<i>Rutilus rutilus</i>	Roach	Dendermonde, De Cop	14th-15th	Freshwater	NA	NA	NA	10-13
14683	<i>Rutilus rutilus</i>	Roach	Dendermonde, De Cop	14th-15th	Freshwater	NA	NA	NA	15-20
14684	<i>Rutilus rutilus</i>	Roach	Dendermonde, De Cop	14th-15th	Freshwater	-27.8	11.6	4.1	20-22.5
14685	<i>Rutilus rutilus</i>	Roach	Dendermonde, De Cop	14th-15th	Freshwater	-29.9	15.5	4.7	22.5-25
-	<i>Rutilus rutilus</i>	Roach	Ename abbey, kitchen	late 15th-early 16th	Freshwater	-24.4	13.7	3.3	10-20
-	<i>Rutilus rutilus</i>	Roach	Ename abbey, priory	17th	Freshwater	-27.0	12.1	3.6	± 30
13474	<i>Rutilus rutilus</i>	Roach	Mechelen, Steen	late 13th-early 14th	Freshwater	-24.3	13.4	3.6	15-16
13475	<i>Rutilus rutilus</i>	Roach	Mechelen, Steen	late 13th-early 14th	Freshwater	-21.4	13.2	3.3	14-15
13477	<i>Rutilus rutilus</i>	Roach	Mechelen, Steen	late 13th-early 14th	Freshwater	-22.4	15.3	3.5	16-16.5
13480	<i>Rutilus rutilus</i>	Roach	Mechelen, Steen	late 13th-early 14th	Freshwater	-23.4	13.0	3.5	14-15
13481	<i>Rutilus rutilus</i>	Roach	Mechelen, Steen	late 13th-early 14th	Freshwater	-23.9	13.4	3.6	13-14
13472	<i>Rutilus rutilus</i>	Roach	Mechelen, Steen	late 13th-early 14th	Freshwater	-25.9	13.0	4.3	35-40
13473	<i>Rutilus rutilus</i>	Roach	Mechelen, Steen	late 13th-early 14th	Freshwater	-23.8	13.8	3.9	30-40
13476	<i>Rutilus rutilus</i>	Roach	Mechelen, Steen	late 13th-early 14th	Freshwater	-24.6	14.1	4.0	30-40
13478	<i>Rutilus rutilus</i>	Roach	Mechelen, Steen	late 13th-early 14th	Freshwater	-21.4	13.8	3.7	30-35
13479	<i>Rutilus rutilus</i>	Roach	Mechelen, Steen	late 13th-early 14th	Freshwater	-25.0	15.4	4.1	15-16
14696	<i>Rutilus rutilus</i>	Roach	Mechelen, Veemarkt	14th-15th	Freshwater	-24.3	14.1	3.5	10-15
14699	<i>Rutilus rutilus</i>	Roach	Mechelen, Veemarkt	14th-15th	Freshwater	-25.1	14.5	3.3	10-15
14701	<i>Rutilus rutilus</i>	Roach	Mechelen, Veemarkt	14th-15th	Freshwater	-24.6	13.2	3.2	10-15
14702	<i>Rutilus rutilus</i>	Roach	Mechelen, Veemarkt	14th-15th	Freshwater	-21.9	13.6	3.2	10-15
14698	<i>Rutilus rutilus</i>	Roach	Mechelen, Veemarkt	14th-15th	Freshwater	-24.0	13.2	4.6	10-15
14700	<i>Rutilus rutilus</i>	Roach	Mechelen, Veemarkt	14th-15th	Freshwater	NA	NA	NA	8-10
14703	<i>Rutilus rutilus</i>	Roach	Mechelen, Veemarkt	14th-15th	Freshwater	NA	NA	NA	10-15
14704	<i>Rutilus rutilus</i>	Roach	Mechelen, Veemarkt	14th-15th	Freshwater	NA	NA	NA	10-15
14705	<i>Rutilus rutilus</i>	Roach	Mechelen, Veemarkt	14th-15th	Freshwater	NA	NA	NA	5-7.5
14697	<i>Rutilus rutilus</i>	Roach	Mechelen, Veemarkt	14th-15th	Freshwater	NA	NA	NA	± 10
-	<i>Leuciscus idus</i>	Ide	Ename abbey, priory	17th	Freshwater	-28.2	13.4	3.6	20-30
-	<i>Tinca tinca</i>	Tench	Londerzeel, castle	13th-14th	Freshwater	-22.8	11.5	3.3	20-25
-	<i>Cyprinus carpio</i> f. domestica	Carp	Ename abbey, kitchen	late 15th-early 16th	Freshwater	-22.3	11.5	3.6	30-40
-	<i>Cyprinus carpio</i> f. domestica	Carp	Ieper Verdrongen Weiden	late 13th-early 14th	Freshwater	-27.7	10.0	3.7	10-15
-	<i>Cyprinus carpio</i> f. domestica	Carp	Londerzeel, castle	13th-14th	Freshwater	-27.4	10.2	3.7	10-20
-	<i>Cyprinus carpio</i> f. domestica	Carp	Raversijde	15th	Freshwater	-20.2	10.3	3.2	± 40

-	<i>Esox lucius</i>	Pike	Antwerpen, Koolkaai	17th	Freshwater	-25.9	14.3	3.7	± 30
14666	<i>Esox lucius</i>	Pike	Dendermonde, De Cop	14th-15th	Freshwater	-25.6	16.7	3.6	30-35
14669	<i>Esox lucius</i>	Pike	Dendermonde, De Cop	14th-15th	Freshwater	-26.9	15.6	3.5	45-50
13149	<i>Esox lucius</i>	Pike	Dendermonde, De Cop	14th-15th	Freshwater	-25.8	8.6	3.4	35-40
13148	<i>Esox lucius</i>	Pike	Dendermonde, De Cop	14th-15th	Freshwater	-26.7	15.6	3.3	40-45
14670	<i>Esox lucius</i>	Pike	Dendermonde, De Cop	14th-15th	Freshwater	-27.3	15.6	3.7	45-50
14671	<i>Esox lucius</i>	Pike	Dendermonde, De Cop	14th-15th	Freshwater	-25.3	16.1	4.0	35-40
14672	<i>Esox lucius</i>	Pike	Dendermonde, De Cop	14th-15th	Freshwater	-29.4	7.3	3.8	25-30
14673	<i>Esox lucius</i>	Pike	Dendermonde, De Cop	14th-15th	Freshwater	-25.8	8.8	3.7	35-40
14674	<i>Esox lucius</i>	Pike	Dendermonde, De Cop	14th-15th	Freshwater	-28.2	13.7	3.9	30-35
14675	<i>Esox lucius</i>	Pike	Dendermonde, De Cop	14th-15th	Freshwater	-25.6	14.3	4.2	35-40
14667	<i>Esox lucius</i>	Pike	Dendermonde, De Cop	14th-15th	Freshwater	-27.5	15.6	3.7	40-45
14668	<i>Esox lucius</i>	Pike	Dendermonde, De Cop	14th-15th	Freshwater	-24.8	16.1	3.8	35-40
13150	<i>Esox lucius</i>	Pike	Dendermonde, De Cop	14th-15th	Freshwater	-27.8	13.9	4.6	25-30
13151	<i>Esox lucius</i>	Pike	Dendermonde, De Cop	14th-15th	Freshwater	-26.0	14.4	4.5	30-35
13152	<i>Esox lucius</i>	Pike	Dendermonde, De Cop	14th-15th	Freshwater	-27.7	10.9	4.2	25-30
13153	<i>Esox lucius</i>	Pike	Dendermonde, De Cop	14th-15th	Freshwater	-27.8	13.5	5.3	60-70
13154	<i>Esox lucius</i>	Pike	Dendermonde, De Cop	14th-15th	Freshwater	-25.7	13.3	4.3	20-30
13155	<i>Esox lucius</i>	Pike	Dendermonde, De Cop	14th-15th	Freshwater	-28.9	14.1	4.3	± 50
13156	<i>Esox lucius</i>	Pike	Dendermonde, De Cop	14th-15th	Freshwater	-27.3	15.3	4.5	30-35
13157	<i>Esox lucius</i>	Pike	Dendermonde, De Cop	14th-15th	Freshwater	-27.4	9.0	5.2	27.5- 32.5
13158	<i>Esox lucius</i>	Pike	Dendermonde, De Cop	14th-15th	Freshwater	-27.1	15.6	3.9	25-30
-	<i>Esox lucius</i>	Pike	Ename abbey, kitchen	late 15th-early 16th	Freshwater	-24.6	14.3	3.5	30- 40
-	<i>Esox lucius</i>	Pike	Ename abbey, priory	17th	Freshwater	-25.5	13.7	3.4	± 35
-	<i>Esox lucius</i>	Pike	Londerzeel, castle	13th-14th	Freshwater	-23.9	14.7	3.5	30- 40
13483	<i>Esox lucius</i>	Pike	Mechelen, Steen	late 13th-early 14th	Freshwater	-24.5	11.0	3.6	35-40
13482	<i>Esox lucius</i>	Pike	Mechelen, Steen	late 13th-early 14th	Freshwater	0.0	12.4	1.0	14-15
13484	<i>Esox lucius</i>	Pike	Mechelen, Steen	late 13th-early 14th	Freshwater	-24.4	10.3	3.9	12-13
13485	<i>Esox lucius</i>	Pike	Mechelen, Steen	late 13th-early 14th	Freshwater	-24.3	13.4	3.9	14- 15
13486	<i>Esox lucius</i>	Pike	Mechelen, Steen	late 13th-early 14th	Freshwater	-24.7	12.7	4.4	14- 15
13487	<i>Esox lucius</i>	Pike	Mechelen, Steen	late 13th-early 14th	Freshwater	-34.3	9.2	179.2	45-50
14686	<i>Esox lucius</i>	Pike	Mechelen, Veemarkt	14th-15th	Freshwater	-22.9	15.7	3.3	25-30
14687	<i>Esox lucius</i>	Pike	Mechelen, Veemarkt	14th-15th	Freshwater	-22.7	16.2	3.4	30-35
14688	<i>Esox lucius</i>	Pike	Mechelen, Veemarkt	14th-15th	Freshwater	-23.9	15.7	3.6	35-40
14689	<i>Esox lucius</i>	Pike	Mechelen, Veemarkt	14th-15th	Freshwater	-23.5	15.7	3.3	35-40
14690	<i>Esox lucius</i>	Pike	Mechelen, Veemarkt	14th-15th	Freshwater	-25.8	16.3	3.8	30-35
14691	<i>Esox lucius</i>	Pike	Mechelen, Veemarkt	14th-15th	Freshwater	-24.5	15.7	3.8	35-40
14692	<i>Esox lucius</i>	Pike	Mechelen, Veemarkt	14th-15th	Freshwater	-25.3	14.8	3.8	30-35
14693	<i>Esox lucius</i>	Pike	Mechelen, Veemarkt	14th-15th	Freshwater	-24.4	15.6	3.7	35-40
14694	<i>Esox lucius</i>	Pike	Mechelen, Veemarkt	14th-15th	Freshwater	-26.3	15.9	5.3	30-35
14695	<i>Esox lucius</i>	Pike	Mechelen, Veemarkt	14th-15th	Freshwater	-25.0	16.0	4.1	30-35
-	<i>Coregonus sp.</i>	Whitefish	Ename abbey, kitchen	late 15th-early 16th	Freshwater	-25.2	14.6	3.9	± 30
-	<i>Coregonus sp.</i>	Whitefish	Londerzeel, castle	13th-14th	Freshwater	-23.0	12.7	3.6	± 30
-	<i>Anguilla anguilla</i>	Eel	Ename abbey, kitchen	late 15th-early 16th	Catadromous	-23.9	14.5	3.3	40-50
-	<i>Anguilla anguilla</i>	Eel	Ename abbey, priory	17th	Catadromous	-22.4	15.5	3.4	± 60
-	<i>Anguilla anguilla</i>	Eel	Londerzeel, castle	13th-14th	Catadromous	-17.7	13.3	4.2	40-50
13139	<i>Anguilla anguilla</i>	Eel	Mechelen, Lamot	9th-12th	Catadromous	-24.1	14.6	3.3	-

13141	<i>Anguilla anguilla</i>	Eel	Mechelen, Lamot	9th-12th	Catadromous	-24.1	14.3	3.3	-
13143	<i>Anguilla anguilla</i>	Eel	Mechelen, Lamot	9th-12th	Catadromous	-20.9	12.0	3.5	-
13146	<i>Anguilla anguilla</i>	Eel	Mechelen, Lamot	9th-12th	Catadromous	-23.7	14.9	3.2	-
13147	<i>Anguilla anguilla</i>	Eel	Mechelen, Lamot	9th-12th	Catadromous	-23.9	14.3	3.5	-
13138	<i>Anguilla anguilla</i>	Eel	Mechelen, Lamot	9th-12th	Catadromous	NA	NA	NA	-
13140	<i>Anguilla anguilla</i>	Eel	Mechelen, Lamot	9th-12th	Catadromous	-23.4	9.3	4.5	-
13142	<i>Anguilla anguilla</i>	Eel	Mechelen, Lamot	9th-12th	Catadromous	-24.3	10.2	4.4	-
13144	<i>Anguilla anguilla</i>	Eel	Mechelen, Lamot	9th-12th	Catadromous	-23.7	11.6	4.2	-
13145	<i>Anguilla anguilla</i>	Eel	Mechelen, Lamot	9th-12th	Catadromous	NA	NA	NA	-
13112	<i>Anguilla anguilla</i>	Eel	Mechelen, Steen	late 13th - early 14th	Catadromous	-17.7	15.4	3.1	-
13117	<i>Anguilla anguilla</i>	Eel	Mechelen, Steen	late 13th - early 14th	Catadromous	-20.4	11.7	3.2	-
13105	<i>Anguilla anguilla</i>	Eel	Mechelen, Steen	late 13th - early 14th	Catadromous	NA	NA	NA	-
13106	<i>Anguilla anguilla</i>	Eel	Mechelen, Steen	late 13th - early 14th	Catadromous	-21.9	15.5	3.8	-
13107	<i>Anguilla anguilla</i>	Eel	Mechelen, Steen	late 13th - early 14th	Catadromous	NA	NA	NA	-
13108	<i>Anguilla anguilla</i>	Eel	Mechelen, Steen	late 13th - early 14th	Catadromous	NA	NA	NA	-
13109	<i>Anguilla anguilla</i>	Eel	Mechelen, Steen	late 13th - early 14th	Catadromous	-21.7	16.3	3.8	-
13110	<i>Anguilla anguilla</i>	Eel	Mechelen, Steen	late 13th - early 14th	Catadromous	NA	NA	NA	-
13111	<i>Anguilla anguilla</i>	Eel	Mechelen, Steen	late 13th - early 14th	Catadromous	-21.5	12.0	4.6	-
13113	<i>Anguilla anguilla</i>	Eel	Mechelen, Steen	late 13th - early 14th	Catadromous	-20.2	12.6	3.8	-
13114	<i>Anguilla anguilla</i>	Eel	Mechelen, Steen	late 13th - early 14th	Catadromous	-19.5	13.1	3.7	-
13115	<i>Anguilla anguilla</i>	Eel	Mechelen, Steen	late 13th - early 14th	Catadromous	-21.5	12.3	3.7	-
13116	<i>Anguilla anguilla</i>	Eel	Mechelen, Steen	late 13th - early 14th	Catadromous	-20.8	12.9	3.7	-
13125	<i>Anguilla anguilla</i>	Eel	Mechelen, Veemarkt	14th-15th	Catadromous	-20.5	11.3	3.6	-
13129	<i>Anguilla anguilla</i>	Eel	Mechelen, Veemarkt	14th-15th	Catadromous	-20.0	10.3	3.6	-
13130	<i>Anguilla anguilla</i>	Eel	Mechelen, Veemarkt	14th-15th	Catadromous	-19.3	14.0	3.3	-
13131	<i>Anguilla anguilla</i>	Eel	Mechelen, Veemarkt	14th-15th	Catadromous	-19.6	11.1	3.5	-
13132	<i>Anguilla anguilla</i>	Eel	Mechelen, Veemarkt	14th-15th	Catadromous	-21.8	10.8	3.8	-
13133	<i>Anguilla anguilla</i>	Eel	Mechelen, Veemarkt	14th-15th	Catadromous	-22.2	11.5	3.9	-
13134	<i>Anguilla anguilla</i>	Eel	Mechelen, Veemarkt	14th-15th	Catadromous	-22.1	10.8	3.8	-
13135	<i>Anguilla anguilla</i>	Eel	Mechelen, Veemarkt	14th-15th	Catadromous	-20.3	10.9	4.0	-
13136	<i>Anguilla anguilla</i>	Eel	Mechelen, Veemarkt	14th-15th	Catadromous	-21.7	10.0	4.3	-
13137	<i>Anguilla anguilla</i>	Eel	Mechelen, Veemarkt	14th-15th	Catadromous	-22.0	11.0	4.2	-
13118	<i>Anguilla anguilla</i>	Eel	Mechelen, Veemarkt	14th-15th	Catadromous	-19.7	13.1	2.8	-
13119	<i>Anguilla anguilla</i>	Eel	Mechelen, Veemarkt	14th-15th	Catadromous	-18.8	10.1	3.7	-
13120	<i>Anguilla anguilla</i>	Eel	Mechelen, Veemarkt	14th-15th	Catadromous	-20.3	10.9	3.9	-
13121	<i>Anguilla anguilla</i>	Eel	Mechelen, Veemarkt	14th-15th	Catadromous	-19.3	10.9	4.0	-
13122	<i>Anguilla anguilla</i>	Eel	Mechelen, Veemarkt	14th-15th	Catadromous	-19.9	11.4	4.4	-
13123	<i>Anguilla anguilla</i>	Eel	Mechelen, Veemarkt	14th-15th	Catadromous	-20.5	11.3	4.1	-
13124	<i>Anguilla anguilla</i>	Eel	Mechelen, Veemarkt	14th-15th	Catadromous	-20.1	11.4	4.0	-
13126	<i>Anguilla anguilla</i>	Eel	Mechelen, Veemarkt	14th-15th	Catadromous	-21.0	11.5	4.1	-
13127	<i>Anguilla anguilla</i>	Eel	Mechelen, Veemarkt	14th-15th	Catadromous	-22.6	11.1	4.7	-
13128	<i>Anguilla anguilla</i>	Eel	Mechelen, Veemarkt	14th-15th	Catadromous	-21.1	10.9	4.0	-

-	<i>Anguilla anguilla</i>	Eel	Raversijde	15th	Catadromous	-22.2	7.2	3.3	60-70
13160	<i>Osmerus eperlanus</i>	Smelt	Antwerpen, Koolkaai	17th	Anadromous	-19.4	15.7	3.2	-
-	<i>Osmerus eperlanus</i>	Smelt	Antwerpen, Koolkaai	17th	Anadromous	-19.7	13.4	3.5	10-15
13161	<i>Osmerus eperlanus</i>	Smelt	Antwerpen, Koolkaai	17th	Anadromous	-20.2	14.5	4.3	-
13162	<i>Osmerus eperlanus</i>	Smelt	Antwerpen, Koolkaai	17th	Anadromous	-19.5	14.1	4.4	-
13163	<i>Osmerus eperlanus</i>	Smelt	Mechelen, Veemarkt	14th-15th	Anadromous	-18.9	14.2	3.9	-
13159	<i>Osmerus eperlanus</i>	Smelt	Tongeren, Hasseltse Poort	17th-18th	Anadromous	-21.0	13.7	3.6	-
-	<i>Acipenser</i> sp.	Sturgeon	Ename, <i>portus</i>	11th	Anadromous	-23.2	11.6	7.3	adult
-	<i>Acipenser</i> sp.	Sturgeon	Gent, Belfortstraat	early 13th	Anadromous	-13.3	12.8	3.2	adult
-	<i>Acipenser</i> sp.	Sturgeon	Gent, <i>portus</i>	10th-12th	Anadromous	-14.5	13.1	3.3	adult
-	<i>Acipenser</i> sp.	Sturgeon	Londerzeel, castle	14th	Anadromous	-14.4	13.2	3.4	adult
-	<i>Alosa</i> sp.	Shad	Antwerpen, Koolkaai	17th	Anadromous	-12.9	13.4	3.2	30-35
-	<i>Pleuronectes platessa</i>	Plaice	Antwerpen, Koolkaai	17th	Marine	-14.7	11.2	3.3	± 30
-	<i>Pleuronectes platessa</i>	Plaice	Raversijde	15th	Marine	-13.4	12.4	3.1	± 40
-	<i>Platichthys flesus</i>	Flounder	Antwerpen, Koolkaai	17th	Marine	-15.4	14.3	3.4	25-30
-	Pleuronectidae	Flatfish	Gent, <i>portus</i>	10th-12th	Marine	-15.3	10.4	3.3	± 40
-	Pleuronectidae	Flatfish	Tournai, Cloîtres	3rd-4th	Marine	-14.3	11.1	3.2	30-40
-	<i>Hippoglossus hippoglossus</i>	Halibut	Antwerpen, Koolkaai	17th	Marine	-13.6	14.4	3.4	80-90
-	<i>Clupea harengus</i>	Herring	Antwerpen, Koolkaai	17th	Marine	-15.0	12.0	3.4	± 20
-	<i>Clupea harengus</i>	Herring	Gent, <i>portus</i>	10th-12th	Marine	-15.2	10.6	3.7	20-25
-	<i>Clupea harengus</i>	Herring	Raversijde	15th	Marine	-15.9	9.8	3.8	20-25
-	<i>Engraulis encrasicolus</i>	Anchovy	Antwerpen, Koolkaai	17th	Marine	-18.0	11.8	4.1	10-15
-	<i>Melanogrammus aeglefinus</i>	Haddock	Antwerpen, Koolkaai	17th	Marine	-14.8	13.6	3.4	40-50
-	<i>Melanogrammus aeglefinus</i>	Haddock	Gent, <i>portus</i>	10th-12th	Marine	-14.0	14.5	3.3	± 60
-	<i>Melanogrammus aeglefinus</i>	Haddock	Raversijde	15th	Marine	-14.9	13.5	3.6	± 30
-	<i>Melanogrammus aeglefinus</i>	Haddock	Raversijde	15th	Marine	-14.1	14.2	3.4	± 60
-	<i>Merlangius merlangus</i>	Whiting	Antwerpen, Koolkaai	17th	Marine	-13.8	15.4	3.4	± 30
-	<i>Merlangius merlangus</i>	Whiting	Raversijde	15th	Marine	-13.2	14.5	3.3	35-40
-	<i>Gadus morhua</i>	Cod	Antwerpen, Koolkaai	17th	Marine	-13.0	14.9	3.3	50-60
-	<i>Gadus morhua</i>	Cod	Raversijde	15th	Marine	-20.7	14.2	6.5	90-100