

Table ESI-1: The isotopic compositions of Cu, Fe and Zn expressed in delta values expressed relative to NIST SRM976 (Cu), IRMM-014 (Fe) and IRMM-3702 (Zn) for vegetarian females (VF), vegetarian males (VM), omnivorous females (OF) and omnivorous males (OM)

	$\delta^{56}\text{Fe}$	$\delta^{57}\text{Fe}$	$\delta^{65}\text{Cu}$	$\delta^{66}\text{Zn}_{\text{corr}}$	$\delta^{67}\text{Zn}_{\text{corr}}$	$\delta^{68}\text{Zn}_{\text{corr}}$
VF1	-2.531 ± 0.068	-3.804 ± 0.056	-0.486 ± 0.079	0.257 ± 0.031	0.467 ± 0.107	1.047 ± 0.242
VF2	-2.611 ± 0.009	-3.750 ± 0.046	-0.291 ± 0.057	0.269 ± 0.055	0.422 ± 0.056	0.822 ± 0.140
VF3	-2.279 ± 0.030	-3.320 ± 0.043	-0.750 ± 0.045	0.232 ± 0.030	0.493 ± 0.050	1.142 ± 0.314
VM1	-2.969 ± 0.014	-4.406 ± 0.038	0.232 ± 0.173	0.205 ± 0.006	0.489 ± 0.005	0.820 ± 0.305
VM2	-2.622 ± 0.040	-3.999 ± 0.027	-0.208 ± 0.201	0.307 ± 0.027	0.509 ± 0.085	0.708 ± 0.032
VM3	-3.016 ± 0.005	-4.450 ± 0.013	-0.221 ± 0.035	0.298 ± 0.030	0.501 ± 0.163	0.736 ± 0.261
OF1	-2.540 ± 0.070	-3.846 ± 0.013	-0.142 ± 0.090	0.103 ± 0.007	0.261 ± 0.077	0.861 ± 0.295
OF2	-2.759 ± 0.063	-4.305 ± 0.031	0.174 ± 0.027	0.036 ± 0.034	0.016 ± 0.077	0.013 ± 0.024
OF3	-2.645 ± 0.008	-3.804 ± 0.060	-0.094 ± 0.056	0.189 ± 0.033	0.307 ± 0.062	0.776 ± 0.213
OM1	-3.265 ± 0.034	-4.820 ± 0.054	0.087 ± 0.017	0.137 ± 0.021	0.143 ± 0.097	0.189 ± 0.025
OM2	-2.810 ± 0.011	-4.281 ± 0.014	-0.282 ± 0.019	0.256 ± 0.040	0.341 ± 0.011	0.748 ± 0.333
OM3	-2.900 ± 0.011	-4.167 ± 0.078	0.056 ± 0.220	0.133 ± 0.060	0.235 ± 0.063	0.657 ± 0.176