

Supplementary Table S3. Detailed informations about the analyzed consumables.

Item	Description
Drinking water in gallon 1	Drinking water in plastic gallon packaging produced by private companies. The water is obtained from spring outside the city, which then purified and processed to remove unwanted materials. The processed water then distributed to consumers through convenience store and local market. The 3 replicates used in this study came from the same brand (brand 1) sold by 3 different vendor. The brand of choice was based on dietary habit data collected from the study participants.
Drinking water in gallon 2	Drinking water in plastic gallon packaging produced by private companies. The water is obtained from spring outside the city, which then purified and processed to remove unwanted materials. The processed water then distributed to consumers through convenience store and local market. The 3 replicates used in this study came from the same brand (brand 2) sold by 3 different vendor. The brand of choice was based on dietary habit data collected from the study participants.
Drinking water in gallon from refilling station 1, 2 and 3.	Drinking water in plastic gallon packaging that distributed through refilling stations managed by local companies. The water is obtained from spring outside of city, which then purified and processed to remove unwanted materials. Consumers typically come to water refill station to refill their empty gallon or exchange it with the new one. We collected samples from 3 different refilling station, in each refilling station we collected 3 water gallon.
Salted fish 1	Unidentified species (species 1) of seawater fish preserved with high concentration of salt and sun dried. Salted fish samples were collected from local market frequently visited by the study participants. The 3 replicates analyzed for this study were obtained from different vendor in the same market.
Salted fish 2	Unidentified species (species 2) of seawater fish preserved with high concentration of salt and sun dried. Salted fish samples were collected from local market frequently visited by the study participants. The 3 replicates analyzed for this study were obtained from different vendor in the same market.
Seawater catfish 1	Unidentified species (species 1) of seawater catfish, typically sold and consumed as fresh produce. Seawater catfish were collected from local market frequently visited by the study participants. The 3 replicates analyzed for this study were obtained from different vendor in the same market.
Seawater catfish 2	Unidentified species (species 2) of seawater catfish, typically sold and consumed as fresh produce. Seawater catfish were collected from local market frequently visited by the study participants. The 3 replicates analyzed for this study were obtained from different vendor in the same market.
Seawater catfish 3	Unidentified species (species 3) of seawater catfish, typically sold and consumed as fresh produce. Seawater catfish were collected from local market frequently visited by the study participants. The 3 replicates analyzed for this study were obtained from different vendor in the same market.
Mussel	Unidentified mussel typically sold and consumed as fresh produce. Mussel were collected from local market frequently visited by the study participants. The 3 replicates analyzed for this study were obtained from different vendor in the same market.
Shrimp	Pond-cultured unidentified shrimp, typically sold and consumed as fresh produce. Shrimp were collected from local market frequently visited by the study participants. The 3 replicates analyzed for this study were obtained from different vendor in the same market.

Freshwater catfish	Pond-cultured unidentified freshwater catfish, typically sold and consumed as fresh produce. Fresh water catfish were collected from local market frequently visited by the study participants. The 3 replicates analyzed for this study were obtained from different vendor in the same market.
Tofu brand 1	Soya-derived food product (brand 1), sold in local market and commonly consumed by study participants. The 3 replicates used in this study came from the same brand (brand 1) sold by 3 different vendor in the same market.
Tofu brand 2	Soya-derived food product (brand 2), sold in local market and commonly consumed by study participants. The 3 replicates used in this study came from the same brand (brand 2) sold by 3 different vendor in the same market.
Tempeh brand 1	Fermented soya bean cake (brand 1), sold in local market and commonly consumed by study participants. The 3 replicates used in this study came from the same brand (brand 1) sold by 3 different vendor in the same market.
Tempeh brand 2	Fermented soya bean cake (brand 2), sold in local market and commonly consumed by study participants. The 3 replicates used in this study came from the same brand (brand 2) sold by 3 different vendor in the same market.
Rice brand 1	Rice (brand 1) obtained from the local market frequently visited by the study participants. The 3 replicates analyzed in this study came from the same brand but sold by different vendor in the same market.
Rice brand 2	Rice (brand 2) obtained from the local market frequently visited by the study participants. The 3 replicates analyzed in this study came from the same brand but sold by different vendor in the same market.
Table salt brand 1	Table salt (brand 1) obtained from the local market frequently visited by the study participants. The 3 replicates analyzed in this study came from the same brand but sold by different vendor in the same market.
Table salt brand 2	Table salt (brand 2) obtained from the local market frequently visited by the study participants. The 3 replicates analyzed in this study came from the same brand but sold by different vendor in the same market.
Toothpaste brand 1	Toothpaste (brand 1) obtained from the local market frequently visited by the study participants. The 3 replicates (3 tubes) analyzed in this study came from the same brand but sold by different vendor in the same market.
Toothpaste brand 2	Toothpaste (brand 2) obtained from the local market frequently visited by the study participants. The 3 replicates (3 tubes) analyzed in this study came from the same brand but sold by different vendor in the same market.