

Supplementary Materials:

Table S1. Macronutrient concentrations across ant and termite species (g/100g).

Species	Crude protein	Crude fat	Total sugar	Moisture	Crude ash	References
<i>Tetramorium bicarinatum</i>	56.91	25.44	8.42	/	/	[22]
<i>Camponotus herculeanus</i>	61.03	8.25	15.78	/	/	[22]
<i>Coptotermes formosanus</i>	50.62	41.60	0.48	/	/	[22]
<i>Odontotermes formosanus</i>	50.62	41.60	0.42	/	/	[8]
<i>Myrmica rubra</i>	56.81	25.45	7.90	/	/	[8]
<i>Polyrhachis dives</i>	56.15	25.10	7.20	/	/	[8]
<i>Odontotermes formosanus</i> (workers)	63.02	5.14	2.31	/	/	[67]
The <i>Odontotermes formosanus</i> have winged breeding ants	34.69	57.00	1.20	/	/	[67]
Young <i>Odontotermes formosanus</i> and beds	23.84	2.54	3.12	/	/	[67]
<i>Odontotermes formosanus</i> ' beds	11.50	0.71	2.50	/	/	[67]
<i>Polyrhachis vicina</i> Roger	57.60	20.20	/	7.10	11.10	[23]
Black ants in Changbai mountain region	52.10	17.20	/	8.70	17.00	[23]
<i>Polyrhachis vicina</i> Roger	57.60	20.20	/	7.10	11.10	[23]
<i>Polyrhachis vicina</i> Roger	54.51	11.29	2.78	10.58	5.72	[23]
<i>Polyrhachis vicina</i> Roger	62.40	22.60	2.90	8.60	3.50	[24]
<i>Formica truncicola</i> Forel	56.60	29.10	3.50	7.30	3.50	[24]
<i>Coptotermes formosanus</i> Shiraki	60.00	36.00	/	/	4	[30]
<i>Polyrhachis vicina</i> Roger	58.83	21.37	4.99	6.25	5.16	[25]
<i>Oecophylla smaragdina</i>	57.89	16.62	10.46	8.94	4.19	[25]
<i>Macrotermes denticulatus</i>	49.92	14.21	9.89	11.20	3.60	[25]

/ The data was not measured.

Table S2. Fatty acid concentrations in ants and termites.

Species	Stearic acid C18:0	Oleic acid C18:1	Linoleic acid C18:2	Linolenic acid C18:3	Palmitic acid C16:0	Palmitoleic acid C16:1	Myristic acid C14:0	Arachidic acid C20:4	Pentadecanoic acid C15:0	References
<i>Odontotermes formosanus</i>	7.43	34.47	32.04	0.06	11.59	10.31	/	<0.01	0.26	[68]
<i>Formica rufa</i> L.	3.84	66.21	1.93	1.20	21.02	10.90	0.67	/	/	[69]
<i>Polyrhachis vicina</i> Roger	2.72	43.21	2.03	1.91	19.32	14.32	0.56	/	/	[69]
<i>Macrotermes annandalei</i>	9.98	51.14	13.01	0.65	18.54	2.85	0.86	0.37	0.42	[70]

%; the sum of all measured fatty acids; / The data was not measured.

Table S3. Amino acid concentrations across ants and termites (g/kg).

Species	Asp	Ser	Pro	Ala	Met	Leu	Phe	Lys	Cys	Thr	Glu	Gly	Val	Ile	Tyr	His	Arg	Trp	References
<i>Polyrhachis vicina</i> Roger	30	33	29	36	6	26	13	18	/*	20	52	51	29	19	27	19	18	13	[71]
<i>Macrotermes annandalei</i>	51	27	32	52	8	39	23	34	6	27	75	29	33	45	34	17	38	/	[72]
<i>Macrotermes annandalei</i> ' beds	14	8	7	7	1	8	6	5	1	7	14	6	8	6	1	2	6	/	[72]
<i>Polyrhachis vicina</i> Roger	37	16	28	48	19	23	15	27	3	10	49	45	34	18	19	13	19	11	[25]
<i>Oecophylla smaragdina</i>	41	11	27	37	18	22	18	18	4	12	51	52	35	14	13	12	13	10	[25]
<i>Macrotermes denticulatus</i>	35	14	24	44	14	34	18	24	4	12	56	37	27	19	18	13	11	9	[25]
Yunnan yellow ant	32	20	43	37	14	32	12	20	2	17	46	32	23	23	15	9	18	/	[44]
<i>Odontotermes formosanus</i>	29	16	17	23	10	22	16	24	/*	17	43	18	22	14	24	11	18	2	[68]

/ The data was not measured; /* The data value is not shown because it is too low.

Table S4. Vitamin concentrations across ant and termite species.

Species	Vit. E IU/kg	Vit. B ₁ mg/kg	Vit. B ₂ mg/kg	Vit. B ₁₂ ug/kg	Vit. A IU/kg	Vit. C IU/kg	Vit. B ₆ mg/kg	folic acid mg/kg	Vit. D IU/kg	References
<i>Formica sanguinea</i> Latr	211	3.3	26.5	A little	/	/	/	/	/	[73]
<i>Polyrhachis vicina</i> Roger	123	2.6	20.1	A little	/	/	/	/	/	[73]
<i>Polyrhachis vicina</i> Roger	23	1.3	5.2	/	28333.3	48	1.4	0.6	/	[48]
<i>Polyrhachis vicina</i> Roger	20	1.0	4.1	/	32666.7	22	1.8	0.5	/	[75]
<i>Formica cunicularia</i> Latreille	156	12.5	8.8	/	80333.3	/	/	/	8000	[74]
<i>Polyrhachis vicina</i> Roger	131	14.3	9.8	/	87333.3	/	/	/	8000	[74]
<i>Polyrhachis vicina</i> Roger	24	1.5	5.0	/	28666.7	44	1.6	5.8	/	[47]

/ The data was not measured.

Table S5. Mineral concentrations across ant and termite species.

Species	Ca g/kg	P g/kg	Mg g/kg	Na g/kg	K g/kg	Fe mg/kg	Zn mg/kg	Cu mg/kg	Mn mg/kg	Se mg/kg	References
<i>Odontotermes formosanus</i>	/	/	2.00	/	/	2200	180	/	1000	0.38	[68]
<i>Formica sanguinea</i> Later	1.89	4.26	1.42	6.64	7.58	617	232	15	182	/	[73]
<i>Polyrhachis vicina</i> Roger	2.69	2.02	0.96	1.26	5.08	1050	111	33	160	/	[73]
<i>Polyrhachis vicina</i> Roger	1.30	/	1.05	1.04	5.37	2565	140	27	306	0.44	[71]
<i>Formica cunicularia</i> Latreille	2.32	4.00	1.52	/	9.54	180	119	21	388	0.15	[74]
<i>Polyrhachis vicina</i> Roger	1.56	4.15	0.87	/	5.27	234	96	17	248	0.20	[74]
<i>Polyrhachis vicina</i> Roger	2.14	5.03	1.05	1.64	11.50	1142	289	44	83	0.20	[25]
<i>Oecophylla smaragdina</i>	1.11	7.04	1.00	3.20	11.80	594	290	34	215	0.24	[25]
<i>Macrotermes denticulatus</i>	1.03	6.89	1.12	1.49	10.21	780	241	40	201	0.18	[25]
Yunnanyellow ant (from Mendine)	0.29	/	/	/	5.40	280	200	30	185	/	[44]
Yunnanyellow ant (from Yongde)	0.21	/	/	/	3.20	250	195	33	170	/	[44]
<i>Polyrhachis vicina</i> Roger (wild)	1.69	2.01	0.43	/	/	704	164	31	326	0.27	[47]
<i>Polyrhachis vicina</i> Roger (raised)	1.68	2.01	0.45	/	/	700	168	31	343	0.26	[47]

/ The data was not measured.