

Table S2. Carotenoid content for avian dietary items, including references for contents of food items not included in Olson (2006).

"Symmetric Responses to Diet by Plumage Carotenoids in Violet-Sensitive Piciform-Coraciiform Birds", Diversity

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Diet Item ^{1,2}	Carotenoid Content (mg/kg) ³	Rank
Mammals, offal	2.00	1
Wood fiber	6.50	2
Seeds/nuts	10.00	3
Zooplankton	30.00	4
Notostracans, cladocerans, ostracods, copepods, isopods, worms	47.00	5
Freshwater fishes	48.00	6
Amphibians	56.00	7
Isopoterans	60.00	8
Marine fishes	78.00	9
Bivalve molluscs	83.00	10
Cirripedes (barnacles), dipterans, ants, blattodeans, mantids	120.00	11
Fungi	130.00	12
Reptiles, birds, roaches	198.00	13
Cephalopods	230.00	14
Arachnids, myriapods, insects general	280.00	15
Nectar, sap, pollen	300.00	16
Coleopterans, hymenopterans (not ants), antlions, earwigs	310.00	17
Molluscs general	470.00	18
Hemipterans, lepidopterans, orthopterans, anisopterans, odonotans	520.00	19
Gastropods, decapod crustaceans, phasmids	730.00	20
Crustaceans general	890.00	21
Amphipods, amniote eggs, honey	1590.00	22
Echinoderms, stoneflies, mayflies	2020.00	23
Plants in general	2500.00	24
Euphausiids	3020.00	25
Anostracans	3170.00	26
Foliage/leaf buds	3300.00	27
Flowers/flower buds	4100.00	28
Poriferans	4500.00	29
Fruits/berries, marine detritus	7500.00	30
Freshwater detritus	7900.00	31
Algae and diatoms	35400.00	32

¹ From Olson (2006), with supplementary taxa added (see **Supplementary References**).

² Supplementary taxa bolded.

³ Carotenoid contents ranked as relative concentrations. Adult and larval stages not distinguished.

Supplementary References for Carotenoid Content of Additional Dietary Items Consumed by VS Near Passerines

Cassey, P., Ewen, J. G., Boulton, R. L., Blackburn, T. M., Møller, A. P., Baird, C., Olson, V., & Karadas, F. (2005). Egg carotenoids in passerine birds introduced to New Zealand: relations to ecological factors, integument coloration and phylogeny. *Functional Ecology* 19, 719-726. (Amniote/Bird Eggs)

Czeczuga, B. (1981). Carotenoids in some parasitic nematodes. *Bulletin de L'Académie Polonaise des Sciences* 28, 463-465. (Earthworms).

Czeczuga, B., & Weyda, F. (1982). Investigation on carotenoids in insects. V. Archaeognatha (Insecta, Apterygota). *Zoologica Poloniae* 29, 23-31. (Mayflies, Stoneflies).

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Goodwin, T. W. (1984). *The biochemistry of the carotenoids. Volume II. Animals* (2nd ed.). Chapman and Hall, London and New York. (Antlions)

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