Table S1 Pollution load of Micro(Nano) plastics

Pollution load index[a]	Risk category[a]
< 10	I
10–20	II
20–30	III
> 30	IV

[a] Xu et al. [93]**:** The highest risk category for PLI was defined as IV.

Table S2 Assignment of parameters used for calculating estimated daily intake (EDI) and Chronic daily intake of micro(nano) plastics from processed foods.

Parameters	Meaning	Unit	Food items	Populations		
				Male adults	Female adults	Children (0–18)
AT[a]	Average exposure time	Day (d)	All	30 × 365	30 × 365	6 × 365
BW[b]	Average body weight	kg	All	78.1	65.4	35.3
ED[a]	Exposure duration	Year (a)	All	30	30	6
EF[a]	Exposure frequency	Days per year (d a^{-1})	All	350	350	350
IR	Per capita ingestion rate	Gram per day (g d^{-1})	Nori	8.3	8.3	6.8[c]
			Broccoli	53	53	24.2
			Lettuce	53	53	24.2
			Carrot	20.3	20.3	18
			Pepper	36.39	36.39	24.56
			Tomatto	300	300	300
			Peas	27.3	27.3	16.7
			Iceplant	38	38	25
			Asparagus	23.7	23.7	23.7
			Cabbage	100	100	55
			Egg plant	4	4	4
			Potatoe	140	140	140
			Cucumber	50	50	50
			Onion	60	60	60
			Pear	165.3	165.3	115.7
			Apple	165.3	165.3	115.7

a: Priya & Tanushree [34]

b: Lin et al. [94]

c: The average daily consumption is for children above 2 years old