

Supplementary Materials:

Supplementary table S1

Contents of supplements	Wheat Soya Blend (WSB)	WAWAMUM (Per 50 G)	MNP (Per 1 G)
Daily ration (g/person/day)	167	50	On alternate day
Energy (kcal)	633	255	-
Protein (g)	29.1	5.5	-
Fat (g)	10.2	13	-
Calcium (mg)	683	267.5	-
Iron (mg)	13.9	5	10
Iodine (µg)	67	50	90
Vitamin A (µg RE)	842	275	400
Thiamine B1 (mg)	0.66	0.5	-
Riboflavin Vitamin B2(mg)	1.03	1.05	-
Niacin (mg NE)	15.3	6.5	6
Vitamin C (mg)	168.9	30	30
Pantothenic VitB5 (mg)	3.4	2	-
Vitamin B6 (mg)	1.8	0.9	0.5
Vitamin B7 (µg)	-	30	-
Folic Acid (µg)	100	-	902
Vitamin B12 (µg)	3	1.35	0.9
Vitamin D (µg)	10	7.5	-
Vitamin E(mg)	15.8	8	-
Vitamin K (µg)	-	13.5	-
Cu (mg)	-	0.7	-
Magnesium (mg)	-	75	-
Manganese (mg)	-	0.6	-
Phosphorus (mg)	-	225	-
Potassium (mg)	-	450	-
Selenium (µg)	49.3	10	17
Na (mg)	-	135	-
Zn (mg)	-	5.5	-
Vitamin D3 (µg)	-	-	5
Vitamin E (mg)	-	-	5

Vitamin B1 (mg)	-	-	0.5
Vitamin B2 (mg)	-	-	0.5
Zinc (mg)	11.2	-	4.1
Copper (mg)	0.6	-	0.56
Folate (µg)	288	165	-
Dry skimmed milk protein	-	1.8	-
ω-3 fatty acids	-	0.15	-
ω-6 fatty acid	-	1.3	-