**Table S1.** Contributions to MeHg exposure from different seafood types in hair samples analyzed for Hg isotopes (see Figure 4, main text).

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **ID** | **Measured hair Hg (μg/g)** | **Freshwater** | **Betho-pelagic** | **Oceanic-pelagic** | **Coastal fish** | **Shellfish** | **Other** |
| 1 | 0.04 | 0% | 3% | 41% | 48% | 4% | 4% |
| 2 | 0.02 | 0% | 0% | 32% | 0% | 68% | 0% |
| 3\* | 0.01 | 9% | 6% | 17% | 18% | 44% | 6% |
| 4\* | 0.02 | 0% | 67% | 15% | 4% | 15% | 0% |
| 5\* | 0.07 | 2% | 2% | 84% | 7% | 4% | 0% |
| 6 | 0.07 | 0% | 39% | 48% | 10% | 4% | 0% |
| 7\* | 0.14 | 3% | 10% | 28% | 12% | 47% | 1% |
| 8 | 0.08 | 1% | 3% | 22% | 0% | 62% | 12% |
| 9 | 1.56 | 3% | 14% | 67% | 7% | 8% | 1% |
| 10 | 1.82 | 69% | 12% | 0% | 14% | 5% | 0% |
| 11 | 1.25 | 11% | 6% | 45% | 0% | 38% | 0% |
| 12 | 1.92 | 0% | 12% | 75% | 2% | 1% | 10% |
| 13 | 0.6 | 0% | 100% | 0% | 0% | 0% | 0% |
| 14 | 2.26 | 72% | 7% | 12% | 1% | 5% | 2% |
| 15 | 1.12 | 0% | 10% | 65% | 0% | 7% | 18% |
| 16 | 1.53 | 0% | 12% | 83% | 0% | 4% | 2% |

\*Denotes composite sample.