

## Online supporting material

### Supplemental Table 1: Recipes of the two sauces accompanying the pearl millet paste<sup>1</sup>

Ingredients	Leafy vegetable sauce <sup>2</sup> g/kg	Okra sauce <sup>3</sup>
African eggplant-leaves ( <i>Solanum macrocarpon</i> )	396	102
Okra ( <i>Abelmoschus esculentus</i> )	-	153
Mallow-leaves ( <i>Corchorus olitorius</i> )	-	88
Tomato	170	-
Onion	85	26
Red palm oil	71	31
Afitin <sup>4</sup>	57	29
Salt	6	7
Green chili	6	4
Maggi Cube	6	4
Black pepper	1	1
Bicarbonate	1	3
Water	202	551

<sup>1</sup> Sauces were prepared freshly the day before administration and stored overnight in a refrigerator

<sup>2</sup> 110 g of leafy vegetable sauce accompanied the serving of pearl millet paste in the morning

<sup>3</sup> 80 g of okra sauce accompanied the serving of pearl millet paste at noon

<sup>4</sup> Fermented paste of African locust bean (*Parkia biglobosa*) (41)