## **Supporting Information**

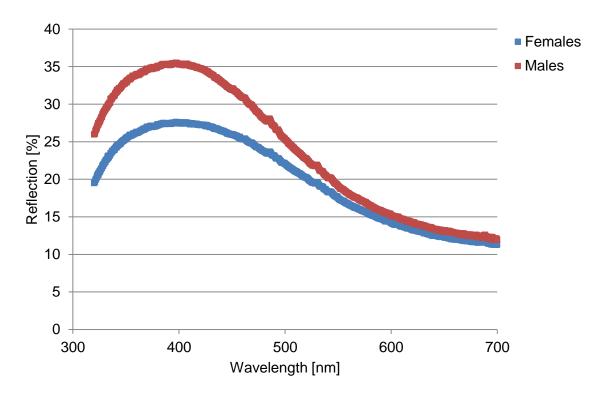


Figure S1. Mean reflectance curves of crown plumage of male (N=47) and female (N=56) blue tits. Data were collected during nestling provisioning (day 9 post-hatching) in two different breeding seasons (2013 and 2014) in a nest-box breeding blue tit population (Peerdsbos, Belgium).

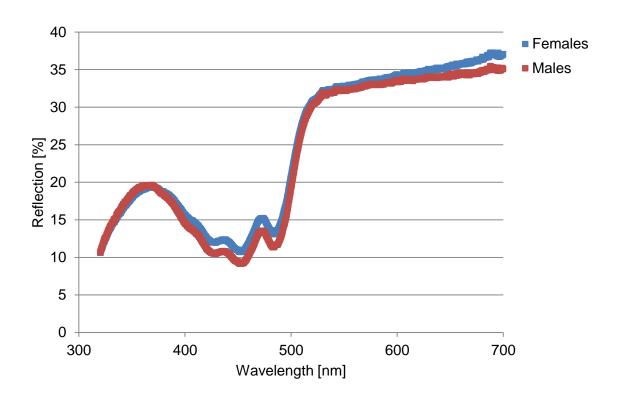


Figure S2. Mean reflectance curves of carotenoid based breast plumage of male (N=47) and female (N=56) blue tits. Data were collected during nestling provisioning (day 9 post-hatching) in two different breeding seasons (2013 and 2014) in a nest-box breeding blue tit population (Peerdsbos, Belgium).