

Table S1. Nutritional content of ®CALPIS (20 ml).

Source: <https://www.asahiinryo.co.jp/products/milkybeverage/calpis/> (accessed 18 September 2022). Relative density was measured by the author.

Protein	0.4 g (1.64 w/w%)
Lipid	0
Carbohydrate	11 g
Salt	0–0.03 g
Phosphorous	ca. 10 mg
Potassium	ca. 20 mg
Calcium	11 mg
Relative density	1.217

Table S2. Nutrient composition of live mealworms.

Source: Mariod AA, 2020. Nutrient composition of mealworm (*Tenebrio molitor*). In: *African Edible Insects as Alternative Source of Food, Oil, Protein and Bioactive Components* (Mariod AA, ed.), Springer, Cham, 275–280.

Protein	20%
Fat	13%
Fiber	2%
Water	62%
