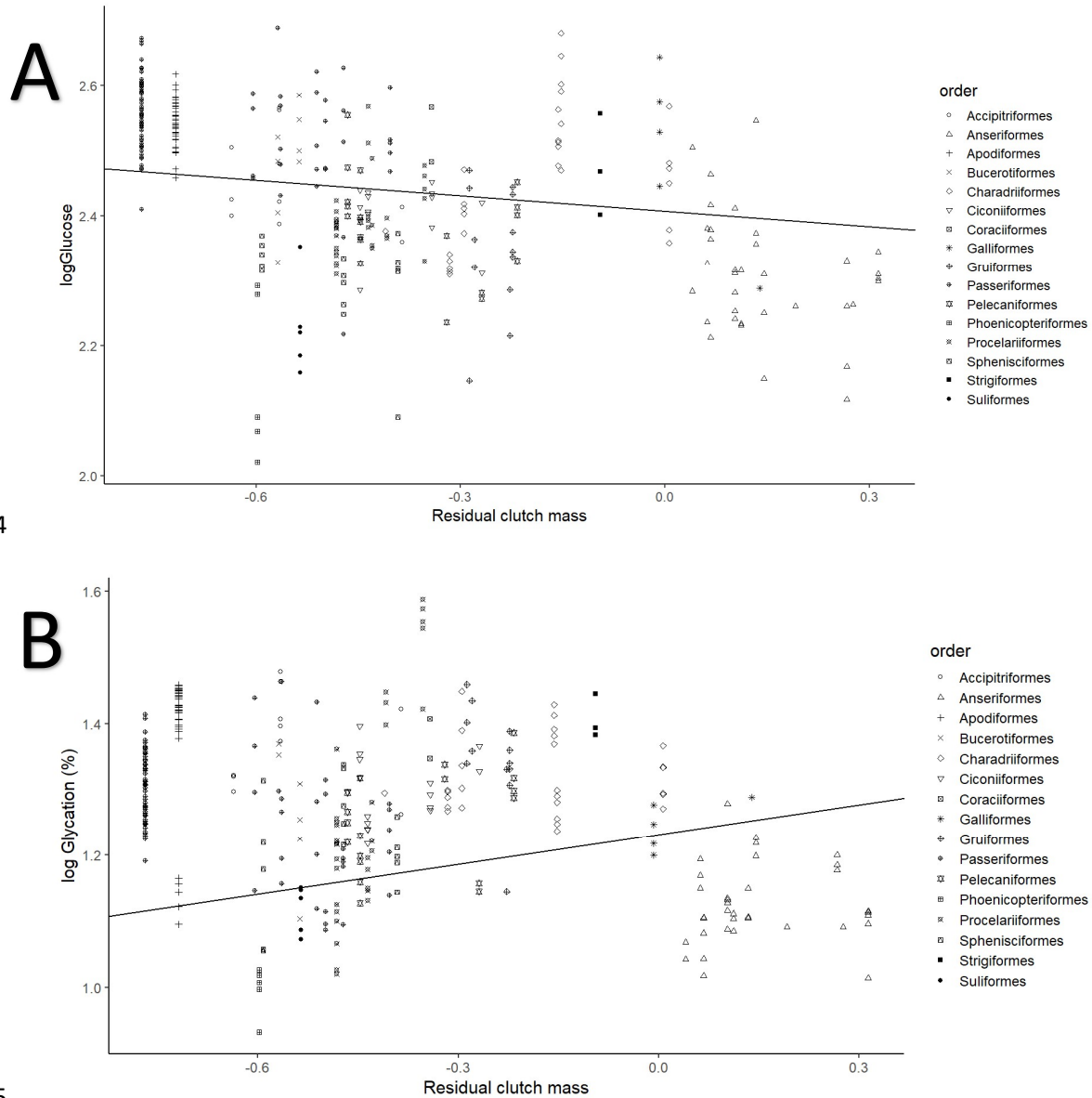
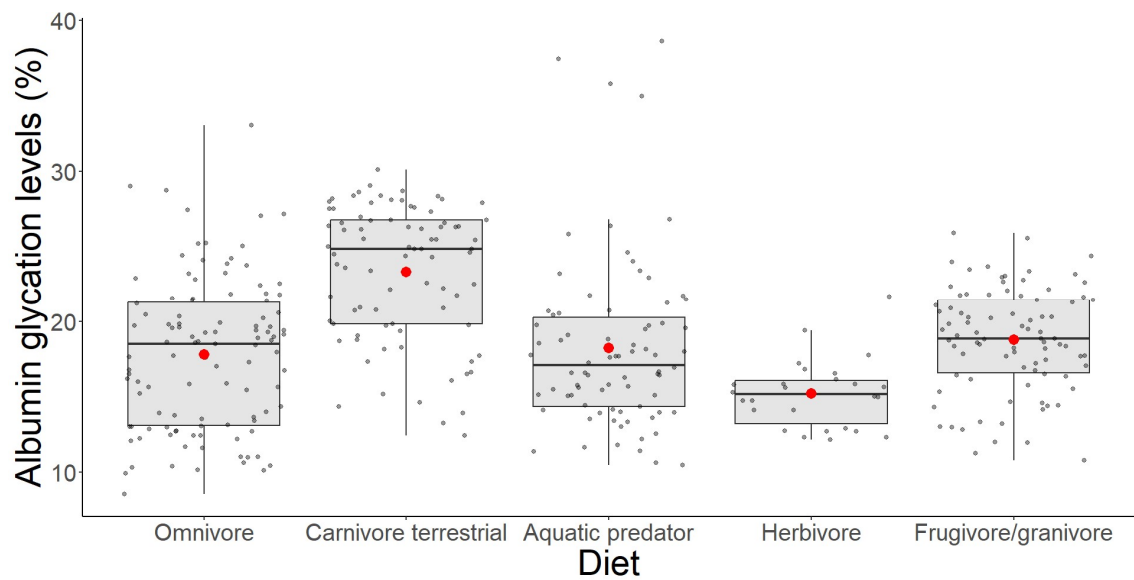
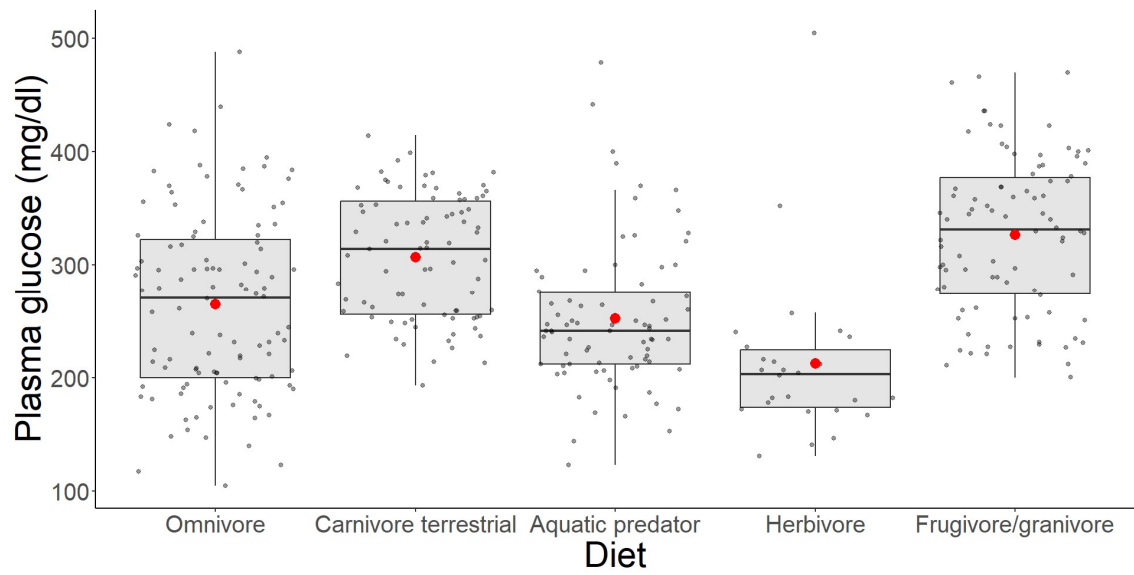


## Electronic Supplementary Material 2 (ESM2)

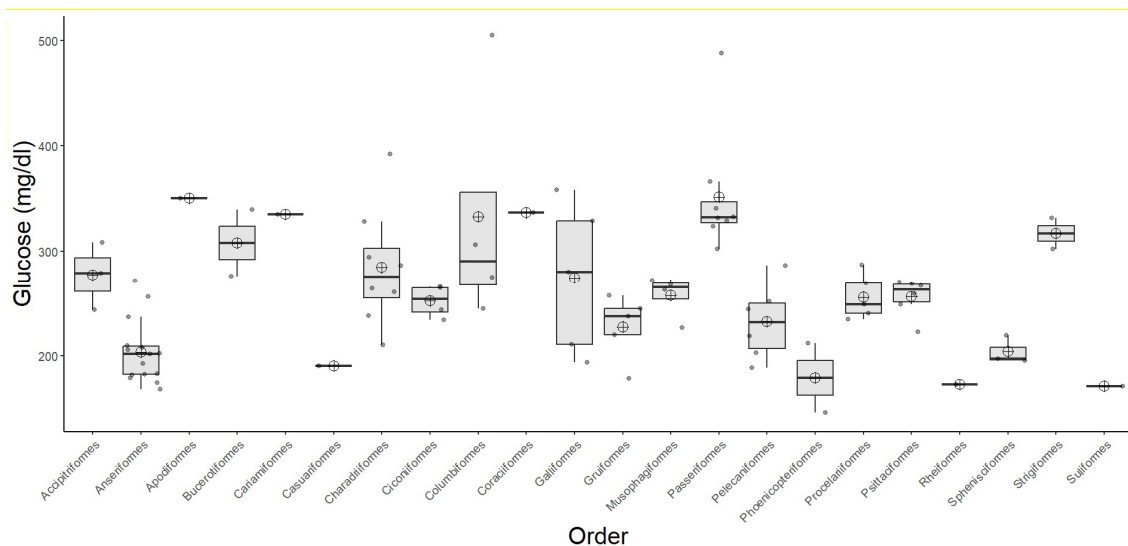


**Figure ESM2.1.** Variation in **A**  $\log_{10}$ (plasma glucose) in mg/dl and **B**  $\log_{10}$ (albumin glycation) levels (%) with respect to residuals of body mass-adjusted clutch mass of the species. This is calculated by multiplying egg mass times clutch size, and then performing a pGLS (see ESM6) of the decimal logarithm of this value against the decimal logarithm of body mass, to finally extract the residuals of such regression. Glycation levels are reported as a percentage of glycated albumin versus total albumin. The legends at right show the different orders to which our species belong.



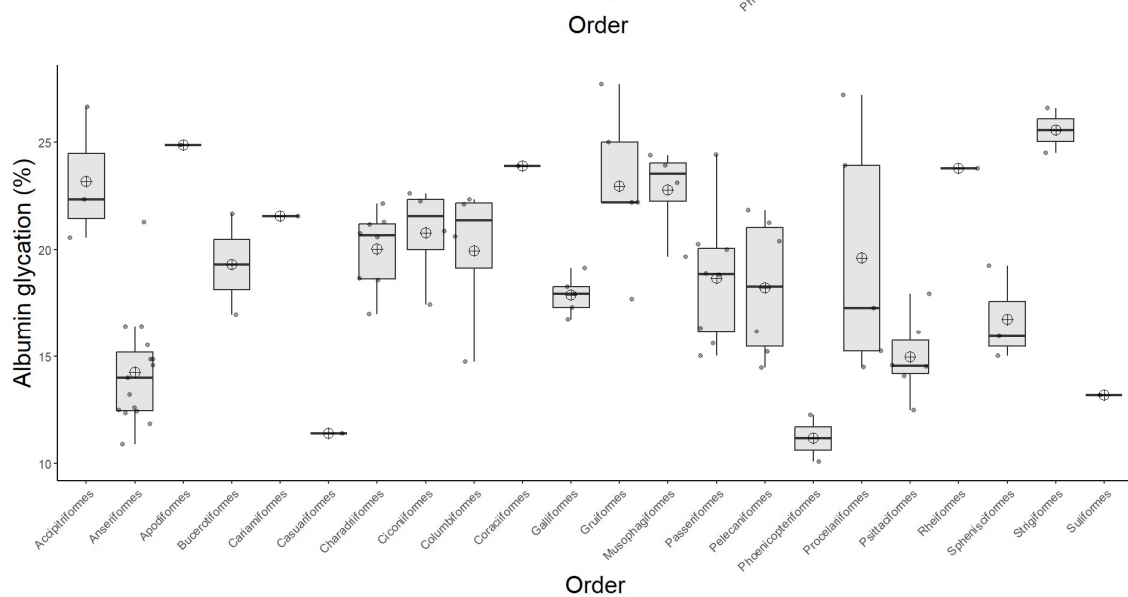
**Figure ESM2.2.** Representation of raw individual data on (A) plasma glucose levels and (B) albumin glycation in function of birds' diet. Glucose levels are given in mg/dl, while glycation levels are a percentage of total plasma albumin which is found to be glycated.

A1



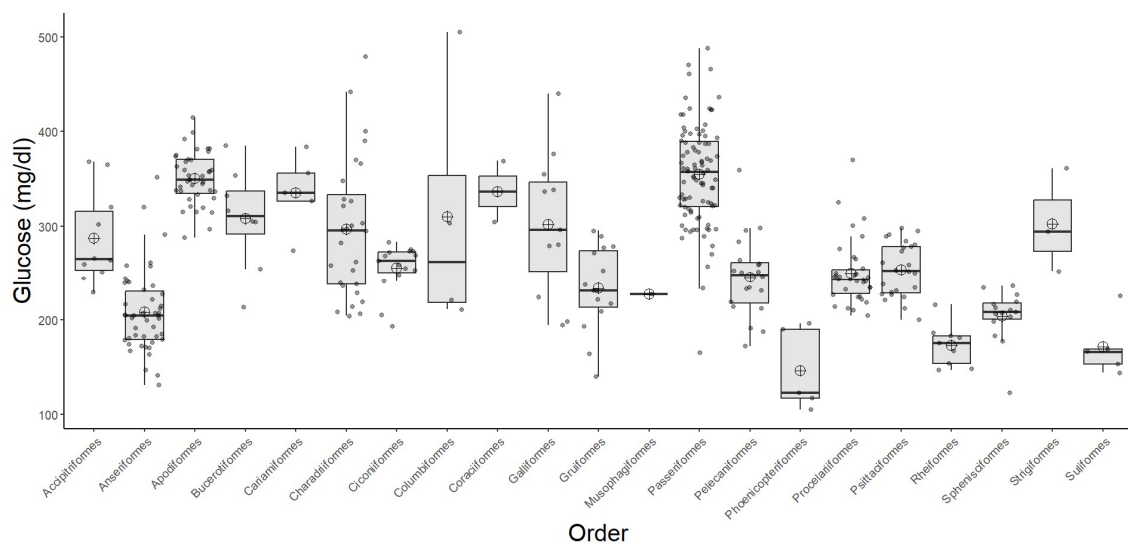
18

A2



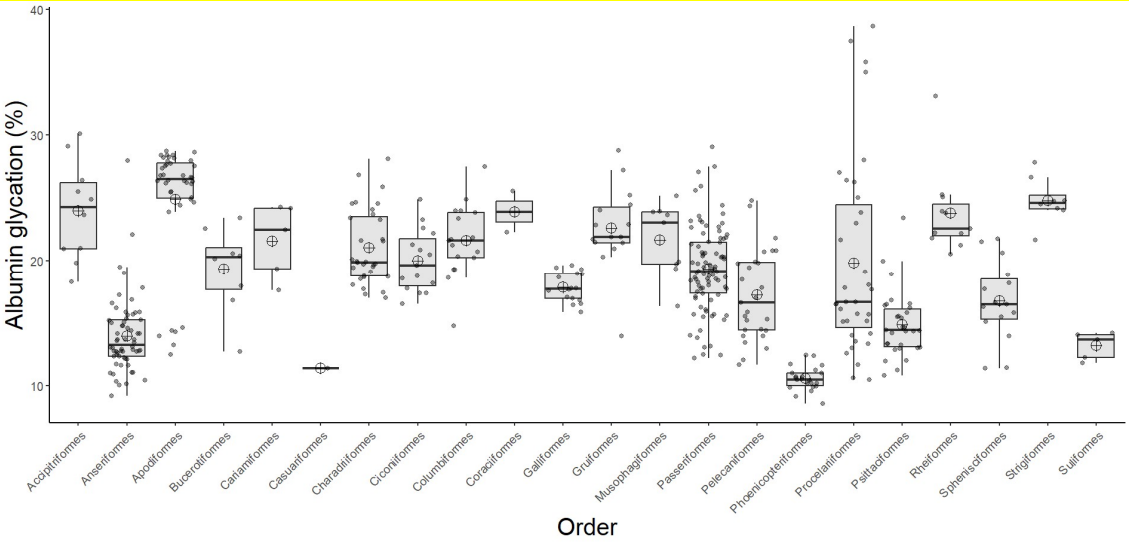
19

B1



20

B2



**Figure ESM2.3.** Variation in (A1-B1) plasma glucose levels in mg/dl and (A2-B2) albumin glycation rates across birds' orders included in our study. Panel A represents average species values and B includes individual values.