**Supplementary file 1a**

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| **Figure panel** | **Carbon source** | ***n*** | **P value**  |
| Figure 1B (maximum growth rate) | Acetate | 3 | < 0.001 |
| α-ketoglutarate | 4 | 0.370 |
| Galactose | 3 | <0.001 |
| Glucose | 3 | <0.001 |
| Glycerol | 3 | 0.0495 |
| Lactic acid | 3 | 0.088 |
| Lactose | 3 | 0.027 |
| Mannose | 3 | 0.011 |
| Pyruvate | 3 | <0.001 |
| Ribose | 3 | 0.002 |
| Sorbitol | 3 | 0.004 |
| Succinate | 4\* | 0.694 |
| Sucrose | 3 | <0.001 |
| Figure 1C (concentration of ATP) | Acetate | 5 | 0.010 |
| α-ketoglutarate | 4\* | 0.03 |
| Galactose | 5 | 0.061 |
| Glucose | 5 | 0.005 |
| Glycerol | 5 | 0.008 |
| Lactic acid | 5 | <0.001 |
| Lactose | 5 | 0.168 |
| Mannose | 5 | <0.001 |
| Pyruvate | 5 | 0.048 |
| Ribose | 5 | 0.003 |
| Sorbitol | 5 | 0.056 |
| Succinate | 4\* | 0.425 |
| Sucrose | 5 | 0.009 |
| Figure 1D (absolute growth) | Acetate | 3 | 0.002 |
| α-ketoglutarate | 4 | 0.025 |
| Galactose | 3 | 0.133 |
| Glucose | 3 | 0.073 |
| Glycerol | 3 | 0.987 |
| Lactic acid | 3 | 0.927 |
| Lactose | 3 | 0.576 |
| Mannose | 3 | <0.001 |
| Pyruvate | 3 | 0.011 |
| Ribose | 3 | 0.046 |
| Sorbitol | 3 | 0.085 |
| Succinate | 4 | 0.283 |
| Sucrose | 3 | 0.013 |

\*n for *P. aeruginosa* = 5; for *S. aureus* = 4