

Table S1. Proportion used to fill feeders in relation to age and number of nestlings.

Worms species	<i>Alphitobius diaperinus</i>					<i>Tenebrio molitor</i>		
Days after hatching	0 or 1	2	4	6	8	10	12	14 or 15
Nestlings number	Quantity / Nest (g)							
1	0.5	1	1.5	2.5	2.5	2.5	2.5	2.5
2	1	1.5	3	5	5	5	5	5
3	1	2.5	4.5	7.5	7.5	7.5	7.5	7.5
4	1.5	3	6	10	10	10	10	10
5	2	4	7.5	12.5	12.5	12.5	12.5	12.5
6	2.5	4.5	9	15	15	15	15	15
7	3	5.5	10.5	17.5	17.5	17.5	17.5	17.5
8	3	6	12	20	20	20	20	20
9	3.5	7	13.5	22.5	22.5	22.5	22.5	22.5

Nutribird complement was providing with worms larvae to be equivalent to 5 gr or 3 ml (a full coffee spoon) at day 6 for a 6-nestling brood. The supply in carotenoids was 0.0015 mg per full coffee spoon.