



Figure S1. General layout of experiments with wild tree swallow nestlings, wild American kestrel nestlings and captive mallard ducklings (sample sizes). At St. Denis, SK, swallows were cross-fostered between aspen and plywood nest boxes in 2008 and 2009 (see Fairhurst et al. [reference 18]). At Prince George, BC, swallows were cross-fostered between neighbouring plywood boxes, as were kestrels at Besnard Lake, SK, in 2008. Female mallard ducklings were raised in captivity and assigned to treatments that involved increasing workloads during growth, and were measured at two ages (see Johns et al. [19]). In some cases, sample sizes for individual isotopes varied because samples or data could not be analysed; see text for further details.