

Table S1. Sequencing information

Group	Control	Proso millet	Quinoa
Number of samples	10	10	9
Total number of sequences (seqs)	142,344	36,372	26,926
Mean number of sequences $\pm$ SD ^a	14,234 $\pm$ 10,283	3,637 $\pm$ 1,513	2,992 $\pm$ 1,368
Number of observed ASV ^b	313	152	112

^aSD, Standard Deviation; ^bASV, Amplicon Sequence Variant.