**Table S1.** Colour, type, number, and frequency of occurrence (FO) of plastic items recovered from Flesh-footed Shearwater gizzards (n = 57) from Lord Howe Island during 2017-2018. Categories follow Provencher et al. (2017).

|  |
| --- |
| Plastic colour |
|   | White | Blue/Purple | Green | Red/Pink | Yellow | Orange /Brown | Silver | Black |
| Count | 261 | 8 | 35 | 6 | 12 | 6 | 0 | 23 |
| FO (%) | 74.4 | 2.3 | 10.0 | 1.7 | 3.4 | 1.7 | 0.0 | 6.6 |
| Plastic type |
|  | Nurdle | Sheet | Thread | Foam | Fragment | Misc. |  |  |
| Count | 32 | 32 | 23 | 0 | 264 | 0 |  |  |
| FO (%) | 9.1 | 9.1 | 6.5 | 0.0 | 75.3 | 0.0 |  |  |