Figure 1a

$$E_{\rm D} = -5349.5 + 446.0 \times \% D_{\rm W}$$

 $r^2 = 0.898, p < 0.0001$

Figure 2

$$Lipid = 88.55 - 1.12 \times Water$$

 $r^2 = -0.913, p < 0.001$

Figure 3a

$$E_{\rm D} = 36~803.1 - 412.1 \times Water$$

 $r^2 = 0.932, p < 0.001$

Figure 3b

$$E_{\rm D} = 4167.0 + 360.8 \times Lipid$$

 $r^2 = 0.974, p < 0.001$

Figure 4

$$E_{\rm D} = 2635.2 + 211.0 \times E_{\rm METER}$$

 $r^2 = 0.837, p < 0.0001$