

Table S1. Rates of Observed Foredune Growth

Location	Timeframe	Average Dune Growth (m ³ /m/yr)	Study
Long Point Spit, Lake Erie, Ontario, Canada	1986–1992	2.6–10.3	Davidson-Arnott & Law (1996)
Skallingen Barrier, Denmark	1996–1999	~5.0	Aagaard et al. (2004)
Holland (Hoek van Holland to Den-Helder), Netherlands	1965–2010	0.0–40.0	de Vries et al. (2012)
Southampton, Long Island, NY, USA	2013–2016	8.8	Kaczkowski et al. (2017)
Between Rotterdam and Schevenigen, Netherlands	2012–2015	14.0–19.0	Hoonhout & de Vries (2017)
South Padre Island, TX, USA	2000–2005	3.5	Del Angel (2012)
Long Beach, WA, USA	1997–2010	7.0	Ruggiero et al. (2011)
Clatsop Plains, OR, USA	1997–2010	6.0	Ruggiero et al. (2011)

Note: Greatest foredune accumulation rates occur for systems undergoing large-scale beach nourishment.