

Protein	$D_{\text{MEAN}}$ ( $\mu\text{m}^2/\text{s}$ )	IQR <sup>1</sup> ( $\mu\text{m}^2/\text{s}$ )	Range <sup>2</sup> ( $\mu\text{m}^2/\text{s}$ )	n <sup>3</sup>
LacS – GFP	<b>0.020</b>	0.01 – 0.022	0.0038 – 0.11	22
BcaP – GFP	<b>0.019</b>	0.013 – 0.024	0.0044 – 0.034	27
GFP <sup>4</sup>	<b>7.8</b>	5.1 – 10	1.4 – 18	84

**Table S3. Lateral diffusion of GFP-tagged membrane proteins in the plasma membrane of *Lactococcus lactis* at standard osmotic conditions measured with FRAP.**

- 1) The interquartile range (IQR), giving values containing the middle half of the data
- 2) Minimal and maximal  $D$  values measured
- 3) Number of individual cells measured
- 4) Diffusion coefficient of cytosolic GFP at standard osmotic conditions of growth (CDM medium) is given for comparison