

Reporting Summary

Nature Research wishes to improve the reproducibility of the work that we publish. This form provides structure for consistency and transparency in reporting. For further information on Nature Research policies, see [Authors & Referees](#) and the [Editorial Policy Checklist](#).

Statistics

For all statistical analyses, confirm that the following items are present in the figure legend, table legend, main text, or Methods section.

n/a Confirmed

- The exact sample size (n) for each experimental group/condition, given as a discrete number and unit of measurement
- A statement on whether measurements were taken from distinct samples or whether the same sample was measured repeatedly
- The statistical test(s) used AND whether they are one- or two-sided
Only common tests should be described solely by name; describe more complex techniques in the Methods section.
- A description of all covariates tested
- A description of any assumptions or corrections, such as tests of normality and adjustment for multiple comparisons
- A full description of the statistical parameters including central tendency (e.g. means) or other basic estimates (e.g. regression coefficient) AND variation (e.g. standard deviation) or associated estimates of uncertainty (e.g. confidence intervals)
- For null hypothesis testing, the test statistic (e.g. F , t , r) with confidence intervals, effect sizes, degrees of freedom and P value noted
Give P values as exact values whenever suitable.
- For Bayesian analysis, information on the choice of priors and Markov chain Monte Carlo settings
- For hierarchical and complex designs, identification of the appropriate level for tests and full reporting of outcomes
- Estimates of effect sizes (e.g. Cohen's d , Pearson's r), indicating how they were calculated

Our web collection on [statistics for biologists](#) contains articles on many of the points above.

Software and code

Policy information about [availability of computer code](#)

Data collection

No specific software was used for data collection.

Data analysis

bcl2fastq v2.17.1.14, v2.18.0.12; cutadapt v1.14; bowtie2 v2.3.3.1; miRDeep2 v2.0.0.7; kallisto v0.43.1; MaxQuant v1.5.1.2, v1.5.7.4, 1.6.0.16; Perseus v1.5.6.0; ImageJ; nSolver v4.0; R

For manuscripts utilizing custom algorithms or software that are central to the research but not yet described in published literature, software must be made available to editors/reviewers. We strongly encourage code deposition in a community repository (e.g. GitHub). See the Nature Research [guidelines for submitting code & software](#) for further information.

Data

Policy information about [availability of data](#)

All manuscripts must include a [data availability statement](#). This statement should provide the following information, where applicable:

- Accession codes, unique identifiers, or web links for publicly available datasets
- A list of figures that have associated raw data
- A description of any restrictions on data availability

Raw RNA sequencing data has been deposited under the GEO accession code GSE130733. The mass spectrometry proteomics data have been deposited to the ProteomeXchange Consortium via the PRIDE partner repository with the dataset identifier PXD013720. All processed and analyzed RNA sequencing and mass spectrometry data have been provided in the Supplementary Data. A reporting summary for this Article is available as a Supplementary Information file. The source data underlying Figs 1b, 4b, c, e and Supplementary Figs 1c, h, i and 4h, c are provided as a Source Data file.

Field-specific reporting

Please select the one below that is the best fit for your research. If you are not sure, read the appropriate sections before making your selection.

- Life sciences Behavioural & social sciences Ecological, evolutionary & environmental sciences

For a reference copy of the document with all sections, see [nature.com/documents/nr-reporting-summary-flat.pdf](https://www.nature.com/documents/nr-reporting-summary-flat.pdf)

Life sciences study design

All studies must disclose on these points even when the disclosure is negative.

| | |
|-----------------|---|
| Sample size | <input type="text" value="No sample size calculation was performed."/> |
| Data exclusions | <input type="text" value="No data were excluded from the analysis."/> |
| Replication | <input type="text" value="Replicates were performed independently as detailed in the figure legends."/> |
| Randomization | <input type="text" value="Sample randomization is not relevant to this study."/> |
| Blinding | <input type="text" value="Blinding is not relevant to this study."/> |

Reporting for specific materials, systems and methods

We require information from authors about some types of materials, experimental systems and methods used in many studies. Here, indicate whether each material, system or method listed is relevant to your study. If you are not sure if a list item applies to your research, read the appropriate section before selecting a response.

| Materials & experimental systems | | Methods | |
|-------------------------------------|---|-------------------------------------|---|
| n/a | Involvement in the study | n/a | Involvement in the study |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> Antibodies | <input checked="" type="checkbox"/> | <input type="checkbox"/> ChIP-seq |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> Eukaryotic cell lines | <input checked="" type="checkbox"/> | <input type="checkbox"/> Flow cytometry |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> Palaeontology | <input checked="" type="checkbox"/> | <input type="checkbox"/> MRI-based neuroimaging |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> Animals and other organisms | | |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> Human research participants | | |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> Clinical data | | |

Antibodies

| | |
|-----------------|---|
| Antibodies used | <input type="text" value="ChromoTek GFP-Trap_A, ChromoTek, gta-20, lot 70112001A"/> |
| Validation | <input type="text" value="validated by manufacturer; see https://www.chromotek.com/products/detail/product-detail/gfp-trap-agarose/ and RRID portal ID: AB_2631357"/> |

Animals and other organisms

Policy information about [studies involving animals](#); [ARRIVE guidelines](#) recommended for reporting animal research

| | |
|-------------------------|---|
| Laboratory animals | <input type="text" value="Caenorhabditis elegans"/> |
| Wild animals | <input type="text" value="The study did not involve wild animals."/> |
| Field-collected samples | <input type="text" value="The study did not involve field-collected samples."/> |
| Ethics oversight | <input type="text" value="No ethical approval was required for this study."/> |

Note that full information on the approval of the study protocol must also be provided in the manuscript.