Online Supporting Material

Supplemental Table 1. Fatty acids in foods fed to experimental-moderate and experimental-high groups by direct compositional analysis.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total  SFA | | Total  MUFA | | LA | | AA | | ALA | | EPA |  | DHA | |
|  | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** |
| Ground Beef | 1453 | 167 | 1498 | 104 | 108 | 15 | 31 | 2 | 39 | 5 | 14 | 2 | 3 | 1 |
| Chicken breast | 403 | 104 | 500 | 132 | 215 | 43 | 40 | 5 | 82 | 21 | 13 | 1 | 13 | 2 |
| Apple chicken sausage | 2052 | 350 | 3880 | 754 | 1574 | 296 | 46 | 5 | 756 | 14 | 14 | 1 | 10 | 2 |
| Cheese chicken sausage | 2112 | 412 | 483 | 642 | 1387 | 284 | 47 | 3 | 635 | 116 | 14 | 1 | 10 | 1 |
| Blue cheese dressing | 3335 | 035 | 4660 | 16 | 10025 | 39 | 18 | 0 | 1333 | 6 | 150 | 1 | 94 | 2 |
| Caesar dressing | 7180 | 41 | 69458 | 678 | 7532 | 68 | 9 | 3 | 5837 | 45 | 86 | 1 | 540 | 1 |
| French dressing | 6827 | 164 | 10010 | 231 | 21976 | 537 | 20 | 1 | 2980 | 74 | 132 | 5 | 79 | 2 |
| Ranch dressing | 50003 | 378 | 288 | 5 | 4342 | 31 | 24 | 0 | 1179 | 80 | 56 | 1 | 396 | 2 |
| Liquid eggs | 2453 | 28 | 2482 | 31 | 1084 | 12 | 57 | 1 | 447 | 5 | 75 | 1 | 297 | 5 |
| Smoothie | 329 | 53 | 774 | 126 | 60 | 11 | 8 | 1 | 18 | 3 | 159 | 29 | 196 | 37 |
| Mayonnaise | 7563 | 17 | 45248 | 85 | 5994 | 12 | 40 | 1 | 1735 | 6 | 91 | 1 | 764 | 6 |
| Peanut butter | 10703 | 144 | 26413 | 375 | 9870 | 145 | 5 | 1 | 900 | 13 | 99 | 1 | 40 | 3 |
| Alfredo sauce | 4825 | 303 | 4075 | 174 | 466 | 20 | 23 | 1 | 80 | 4 | 23 | 1 | 206 | 11 |
| Pasta sauce | 195 | 6 | 1730 | 69 | 198 | 7 | 2 | 1 | 15 | 1 | 8 | 0 | 82 | 3 |
| Soy oil | 10988 | 263 | 71198 | 1659 | 7018 | 165 | 53 | 1 | 2027 | 52 | 39 | 1 | 0 | 0 |
| Tuna, canned | 1657 | 222 | 1417 | 323 | 83 | 11 | 62 | 8 | 41 | 4 | 560 | 83 | 1406± | 115 |

Values are mean and SD of fatty acids in foods served (mg/100 g food). Note that only the experimental-high group received the smoothie; the experimental-moderate group received the placebo smoothie listed on supplemental table 3. SFA, saturated fatty acids; MUFA, monounsaturated fatty acids; LA, linoleic acid; AA, arachidonic acid; ALA, α-linolenic acid; EPA, eicosapentaenoic acid; DHA, Docosahexaenoic acid.