Online Supporting Material

Supplemental Table 2. Fatty acids in foods fed to control 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 | 1285 | 431 | 1145 | 459 | 80 | 15 | 29 | 2 | 19 | 4 | 7 | 1 | 1 | 1 |
| Chicken breast | 565 | 227 | 551 | 285 | 352 | 140 | 56 | 5 | 23 | 11 | 4 | 1 | 7 | 1 |
| Apple chicken sausage | 2280 | 403 | 3083 | 559 | 1723 | 300 | 67 | 7 | 135 | 25 | 4 | 1 | 6 | 1 |
| Cheese chicken sausage | 3000 | 572 | 3673 | 728 | 1990 | 428 | 62 | 6 | 156 | 34 | 4 | 0 | 6 | 0 |
| Blue cheese dressing | 9973 | 369 | 12263 | 765 | 26159 | 2000 | 31 | 2 | 3658 | 278 | 8 | 1 | 0 | 0 |
| Caesar dressing | 8478 | 93 | 12135 | 118 | 25885 | 273 | 20 | 0 | 3532 | 39 | 8 | 1 | 9 | 1 |
| French dressing | 5743 | 88 | 8260 | 126 | 19399 | 270 | 7 | 1 | 3049 | 117 | 5 | 1 | 0 | 0 |
| Ranch dressing | 7485 | 257 | 11110 | 418 | 22998 | 866 | 9 | 1 | 3049 | 117 | 6 | 1 | 3 | 0 |
| Liquid eggs | 2850 | 525 | 3325 | 63 | 1378 | 27 | 155 | 3 | 114 | 3 | 15 | 0 | 95 | 2 |
| Smoothie | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Mayonnaise | 11605 | 993 | 15998 | 1505 | 37643 | 4250 | 51 | 17 | 5220 | 589 | 9 | 2 | 12 | 2 |
| Peanut butter | 9905 | 247 | 29705 | 198 | 9007 | 66 | 0 | 0 | 27 | 1 | 19 | 1 | 0 | 0 |
| Alfredo sauce | 13338 | 153 | 5990 | 67 | 668 | 8 | 42 | 1 | 122 | 2 | 16 | 1 | 0 | 0 |
| Pasta sauce | 117 | 21 | 697 | 100 | 275 | 60 | 0 | 0 | 100 | 13 | 1 | 0 | 1 | 0 |
| Soy oil | 14788 | 237 | 21023 | 520 | 50824 | 576 | 31 | 2 | 7020 | 156 | 14 | 2 | 0 | 0 |
| Tuna, canned | 773 | 217 | 1101 | 330 | 2297 | 744 | 15 | 3 | 293 | 96 | 8 | 1 | 83 | 12 |

Values are mean and SD of fatty acids in foods served (mg/100 g food). Note that the experimental-moderate group also received the same placebo smoothie fed to the control group. SFA, saturated fatty acids; MUFA, monounsaturated fatty acids; LA, linoleic acid; AA, arachidonic acid; ALA, α-linolenic acid; EPA, eicosapentaenoic acid; DHA, Docosahexaenoic acid.