

Table 1S

| <b>Fatty Acids Profile<br/>(g/100g FAME)</b> |                    |
|--|--------------------|
| <b>Fatty Acid</b>                            | <b>g/100g FAME</b> |
| <b>Total SAFA</b>                            | <b>6.281</b>       |
| Palmitic acid 16:0                           | 3.489              |
| Stearic acid 18:0                            | 1.778              |
| Eicosanoic acid 20:0                         | 0.746              |
| Docosanoic acid 22:0                         | 0.159              |
| Tetracosanoic acid 24:0                      | 0.067              |
| <b>Total MUFA</b>                            | <b>14.886</b>      |
| Palmitoleic acid 16:1                        | 0.117              |
| Oleic acid 18:1                              | 14.416             |
| Eicosaenoic acid 20:1                        | 0.352              |
| <b>Total PUFA</b>                            | <b>76.652</b>      |
| Linoleic acid 18:2 n-6                       | 43.131             |
| $\alpha$ -linolenic acid 18:3 n-3            | 33.520             |
| <b>n-6/n-3 fatty acid ratio</b>              | <b>1.3</b>         |