

Table S1- Ingredient of the experimental diets

Ingredients (g/kg)	LF	HF	DHA-PC	Rec.
Potato starch	617.7	430.7	430.7	430.7
Casein	140	140	140	140
Sucrose	100	100	100	100
Cellulose	50	50	50	50
Corn oil	23.9	46	46	46
Lard	19.1	184	174	170.2
Mineral-salt mix	35	35	35	35
Vitamin mix	10	10	10	10
L-methionine	1.8	1.8	1.8	1.8
Choline bitartrate	2.5	2.5	2.5	2.5
DHA-PC	--	--	10	--
DHA-EE	--	--	--	3.84
Egg-PC	--	--	--	10
Note: "--", none detected.				