

Supplementary table 1: Diet composition (g/kg) on the basis of the AIN-93M diet formulation.

Ingredients	Control	cPO	rPO	OO	Lard
Casein	165	200	200	200	200
Cornstarch	443	234	234	234	234
Maltodextrine	144	80	80	80	234
Sucrose	100	53	53	53	53
Soybean oil	50	25	25	25	25
Crude palm oil	0	300	0	0	0
Refined palm oil	0	0	300	0	0
Olive oil	0	0	0	300	0
Lard	0	0	0	0	300
Cellulose	50	50	50	50	50
Mineral mix (AIN-93M)	35	42	42	42	42
Vitamin mix (AIN-93M)	10	12	12	12	12
L-Cystine	2	2.4	2.4	2.4	2.4
Choline chloride	1.5	1.8	1.8	1.8	1.8
Energy, Kcal/g	3.85	5.25	5.25	5.25	5.25
Energy carbohydrates, %	72	30	30	30	30
Energy proteins, %	17	14	14	14	14
Energy lipids, %	11	56	56	56	56

cPO: crude palm oil; rPO: refined palm oil; OO: olive oil.

Supplementary table 2: Fatty acid composition of oils used in diets (%)

Ingredients	Control	cPO	rPO	OO
C14	0	0.52	0.53	0.03
C16	12.0	38.1	36.5	16.9
16:1n-7	0.60	0.13	0.15	2.01
C18	3.80	5.86	4.87	2.53
18:1n-9	19.7	43.2	46.4	58.0
18:1n-7	0	0.58	0.63	3.11
18:2n-6	55.4	10.0	9.5	15.6
18:3n-3	8.0	0.28	0.16	0.63
C20	0.50	0.36	0.34	0.38
20:1n-9	0	0.13	0.15	0.17
20:1n-7	0	0.18	0.17	0.18
Saturated fatty acids	16.3	45.1	42.4	20.0
Monounsaturated fatty acids	30.3	44.4	47.7	63.6
Polyunsaturated fatty acids	63.5	10.5	9.9	16.4
n-6	55.4	10.1	9.6	15.7
n-3	8.0	0.4	0.3	0.7
n-6/n-3	9.9	25.8	34.6	22.3

cPO: crude palm oil; rPO: refined palm oil; OO: olive oil.

*: Composition of soybean oil according to Souci, Fachmann & Kraut, Food composition and nutrition tables. MedPharm, Scientific Publishers, Stuttgart, 2000, p 188.

**: Data obtained in our laboratory by analysing crude palm, refined palm and olive oils used in this study. The determination of the composition of the oils was carried out on one aliquot (n = 1).