**Additional file 1.** Fatty acid composition of the two final diets (% total FAs)

|  |  |  |
| --- | --- | --- |
|  | **Viva Pro 7F NAT29** | **Extra CDC AQL G25** |
| 12:0 | 0 |  0.146 |
| 14:0 |  1.486 |  3.425 |
| 15:0 |  0.175 |  0.199 |
| 16:0 |  9.752 | 20.429 |
| 17:0 |  0.164 |  0.138 |
| 18:0 |  1.971 |  2.127 |
| 20:0 |  0.285 |  0.211 |
| SFAs | 13.833 | 26.675 |
| 16:1 |  1.812 |  2.702 |
| 17:1 |  0.116 | 0 |
| 18:1 | 53.016 | 43.009 |
| 20:1 |  1.075 |  0.704 |
| 22:1 |  0.222 | 0.263 |
| MUFAs | 56.241 | 46.678 |
| 16:2 n-4 | 0 |  0.396 |
| 16:3 n-4 |  0.231 |  0.468 |
| 16:4 n-1 |  0.137 |  0.611 |
| 18:2 n-6 | 19.205 | 15.884 |
| 20:4 n-6 | 0.118 |  0.098 |
| PUFA n-6 | 19.323 | 15.982 |
| 18:3 n-3 |  7.411 |  5.688 |
| 18:4 n-3 |  0.308 |  0.513 |
| 20:5 n-3 |  0.949 |  2.258 |
| 22:6 n-3 |  1.154 |  0.720 |
| PUFA n-3 |  9.822 |  9.179 |
| LC PUFA n-3 |  2.103 |  2.978 |