

Table S1. Descriptive statistics of mean relative levels of fatty acids (% total fatty acids).

Fatty acids	Min.	5	10	25	Mean	Median	75	90	95	Max.	SD	95% L.B.	95%U.B.
Total saturated	22.62	5.00	10.00	25.00	40.86	40.07	75.00	90.00	95.00	60.00	5.43	40.01	41.72
C12:0	0.01	0.03	0.07	0.13	0.30	0.25	0.37	0.69	0.88	1.36	0.26	0.26	0.34
C14:0	0.42	0.53	0.60	0.73	1.02	0.97	1.23	1.52	1.59	3.33	0.39	0.95	1.08
C15:0	0.00	0.15	0.17	0.19	0.23	0.24	0.27	0.31	0.33	0.40	0.06	0.23	0.24
C16:0	0.00	23.03	23.93	25.41	27.93	27.41	30.02	34.18	35.41	42.20	4.45	27.23	28.63
C17:0	0.00	0.22	0.23	0.28	0.31	.31	.35	0.39	0.44	0.56	0.07	0.30	0.32
C18:0	0.16	5.84	7.12	9.13	11.90	11.58	14.84	17.52	19.41	21.57	3.91	11.28	12.51
C20:0	0.00	0.13	0.19	0.23	0.27	0.26	0.32	0.36	.40	0.66	0.08	0.26	0.28
C22:0	0.17	0.35	0.49	0.58	0.68	0.66	0.79	0.88	1.03	1.30	0.19	0.65	0.71
C24:0	0.35	0.41	0.46	0.49	0.59	0.58	0.67	0.75	.81	1.16	0.14	0.57	0.61
MUFAs	11.09	12.48	13.96	15.99	19.06	18.76	21.34	25.24	26.43	29.33	3.97	18.44	19.68
C14:1	0.00	0.01	0.01	0.02	0.03	0.02	0.03	0.05	0.09	0.15	0.03	0.23	0.31
C15:1	0.00	0.01	0.01	0.02	0.06	0.02	0.02	0.27	0.38	0.80	0.13	0.42	0.84
C16:1n-7	0.24	0.37	0.43	0.65	1.08	0.86	1.18	1.69	2.02	17.62	1.41	0.86	1.30
C18:1n-9cis	8.76	10.28	12.20	13.78	16.67	16.65	18.76	22.61	23.44	25.94	3.81	16.08	17.27
C20:1n-9	0.00	0.02	0.02	0.02	0.06	0.04	0.08	0.13	0.17	0.26	0.05	0.05	0.06
C22:1n-9	0.00	0.01	0.01	0.02	0.03	0.02	0.02	0.03	0.06	0.44	0.04	0.02	0.03
C24:1n-9	0.00	0.00	0.92	1.03	1.23	1.21	1.48	1.68	1.87	2.26	0.42	1.16	1.29
C18:2n-6	12.31	18.21	21.07	24.32	26.93	27.27	30.18	32.74	34.06	37.43	4.63	26.20	27.65

C18:3n-3	0.01	0.02	0.02	0.05	0.20	0.14	0.30	0.46	0.54	0.69	0.17	0.17	0.23
C18:3n-6	0.01	0.02	0.02	0.06	0.23	0.18	0.35	0.50	0.59	0.76	0.19	0.20	0.26
C20:3n-6	0.39	0.85	1.20	1.41	1.84	1.80	2.21	2.68	2.95	3.89	0.61	1.75	1.94
C20:4n-6	3.78	4.65	5.08	5.86	6.82	6.70	7.57	8.63	9.46	13.01	1.50	6.58	7.05
C22:6n-3	0.44	0.98	1.18	1.54	2.22	2.01	2.79	3.48	4.06	5.74	0.96	2.07	2.37
C20:5n-3	0.22	0.32	0.39	0.52	0.86	0.65	0.98	1.78	2.17	3.23	0.59	0.77	0.95
C20:3n-3	0.01	0.02	0.04	0.86	1.07	1.08	1.42	1.75	1.91	2.18	0.53	0.99	1.16
PUFAs	26.00	31.97	34.63	37.47	40.09	40.76	42.92	45.16	45.98	54.13	4.34	39.41	40.77
Ratio AA:EPA	0.02	0.05	0.07	0.12	0.21	0.20	0.27	0.36	0.43	0.66	0.12	0.19	0.22
Total ω 6	21.40	28.04	30.30	33.37	35.80	36.12	38.55	41.71	42.25	48.84	4.42	35.10	36.49
Total ω 3	0.95	2.29	2.77	3.48	4.33	4.13	4.95	6.11	6.98	9.90	1.43	4.11	4.56
ω 6: ω 3	0.05	0.07	0.09	0.12	0.18	0.16	0.21	0.26	0.35	0.73	0.09	0.16	0.19
Total FA	3097.00	3555.40	3856.00	4526.10	5572.02	5240.10	6244.20	8123.70	8663.40	10322.80	1496.03		
<p>MUFA, monounsaturated fatty acid; PUFA, polyunsaturated fatty acid; AA, arachidonic acid (20:4n-6); EPA, eicosapentaenoic acid (20:5n-3). 95% L.B., 95% lower bound of confidence interval; 95% U.B., upper bound of confidence interval</p>													

Table S2. Comparison of mean relative levels of fatty acids (% total fatty acids) with the results of the ATTICA study.^a

Fatty acids	Our study (n=159)		ATTICA study (n=374) ^a	
	Mean (%Total FA)	SD	Mean (%Total FA)	SD
Total saturated	40.9	5.395	31.35	1.75
C16:0	27.955	4.28	20.35	1.5
C18:0	11.955	3.88	6.7	0.65
MUFA	19.085	3.995	23.85	3.7
C18:1n-9cis	16.69	3.83	18.235	3.45
PUFA	40.025	4.305	36.5	4.25
C18:2n6	26.855	4.62	26.35	3.55
C18:3n3	0.205	0.165	0.245	0.255
C20:4n6	6.825	1.505	5.175	1.25
C22:6n3	2.2	0.955	1.56	0.55
C20:5n3	0.855	0.585	0.355	0.38
Total ω6	35.745	4.415	33.75	4.15
Total ω3	4.32	1.435	2.66	0.85

MUFA, monounsaturated fatty acid; PUFA, polyunsaturated fatty acid; AA, arachidonic acid (20:4n-6); EPA, eicosapentaenoic acid (20:5n-3). ^aThe ATTICA study (30).