**Table S11**. Fatty acid composition in red blood cells

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| **Fatty acid (mg/g)** | **Frozen cod** | **Fresh cod** | **Pork** |
| Sum SFA | 1.27 ± 0.04 | 1.23 ± 0.07 | 1.26 ± 0.05 |
| Sum MUFA | 0.54 ± 0.02 | 0.53 ± 0.03 | 0.55 ± 0.02 |
| LA 18:2n-6 | 0.35 ± 0.01 | 0.33 ± 0.02 | 0.32 ± 0.02 |
| ARA 20:4n-6 | 0.264 ± 0.006 a | 0.24 ± 0.01 a | 0.47 ± 0.01 b |
| Sum n-6 | 0.66 ± 0.01 a | 0.61 ± 0.04 a | 0.87 ± 0.02 b |
| ALA 18:3n-3 | <0.01 | <0.01 | <0.01 |
| EPA 20:5n-3 | 0.104 ± 0.004 a | 0.097 ± 0.006 a | 0.022 ± 0.001 b |
| DHA 22:6n-3 | 0.264 ± 0.007 a | 0.24 ± 0.02 a | 0.164 ± 0.009 b |
| Sum EPA+DHA | 0.37 ± 0.01 a | 0.34 ± 0.02 a | 0.19 ± 0.01 b |
| Sum n-3 | 0.40 ± 0.01 a | 0.37 ± 0.02 a | 0.22 ± 0.01 b |
| Sum identified FAs | 2.87 ± 0.07 | 2.7 ± 0.2 | 2.91 ± 0.09 |
| n-6:n-3 ratio | 1.67 ± 0.03 a | 1.68 ± 0.06 a | 4.0 ± 0.2 b |
| ARA:EPA ratio | 2.6 ± 0.1 a | 2.43 ± 0.07 a | 21.9 ± 0.8 b |

Results are presented as mean ± SEM and indicate mg FA/g red blood cells. Data were analyzed using one-way ANOVA followed by Fisher’s LSD post hoc test. Different letters denote statistical significance (P=<0.05) between the groups. Abbreviations: SFA; saturated fatty acids, MUFA; monounsaturated fatty acids, LA; linoleic acid, ARA; arachidonic acid, ALA; alpha-linolenic acid, EPA; eicosapentaenoic acid, DHA; docosahexaenoic acid, FAs; fatty acids.