

Table S1. The nutritional quality indicators and formula used in their calculation

Nr. Crt.	Name (abbreviation)	Formula	References
1	Atherogenic index (AtIa)	$A_tIa = (C12:0 + 4 \times C14:0 + C16:0) / (\Sigma \text{ MUFA} + \Sigma \text{ PUFA})$	[54]
2	Ratio of hypocholesterolemic /hypercholesterolemic fatty acids (HH)	$HH = [(C18:1n-9 + C18:2n-6 + C20:4n-6 + C18:3n-3 + C20:5n-3 + C22:5n-3 + C22:6-n3) / (C14:0 + C16:0)]$	2] [54]
3	Health promotion index (HPI)	$HPI = \Sigma \text{ MUFA} + \Sigma \text{ PUFA} / [C12:0 + (4 \times C14:0) + C16:0]$	[3]
4	PUFAs/SFA*	$\Sigma \text{ PUFA} / \Sigma \text{ SFA}$	[55]
5	UFAs/SFAs**	$\Sigma \text{ UFA} / \Sigma \text{ SFA}$	[55]

PUFAs/SFAs - ratio of polyunsaturated fatty acids to saturated fatty acids; UFAs/SFAs - ratio of unsaturated fatty acids to saturated fatty acids

Rederences

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