

Supplementary Materials

Table S1. Pearson correlations between FA profiles and blood biomarkers (study 1).

		BMI (kg/m ²)	25(OH)D (nmol/L)	hsCrp (mg/l)	IL-6 (pg/mL)	Triglycerides (mmol/l)	Total Cholesterol (mmol/l)	Adiponectin (µg/mL)	Resistin (ng/ml)	Leptin (ng/ml)
C16:0	Pearson Correlation	-0.133	0.292	0.102	0.070	0.063	-0.724*	0.485	0.064	0.314
	<i>p</i>	0.734	0.445	0.794	0.858	0.873	0.027	0.186	0.871	0.411
C 18:2n6	Pearson Correlation	-0.032	-0.002	-0.562	-0.588	0.092	0.422	-0.0684*	-0.135	-0.298
	<i>p</i>	0.935	0.996	0.116	0.096	0.814	0.258	0.042	0.729	0.437
C 18:1n9c	Pearson Correlation	0.029	0.104	-0.390	-0.302	0.254	-0.278	-0.426	0.006	0.070
	<i>p</i>	0.941	0.791	0.300	0.430	0.510	0.468	0.253	0.988	0.857
C 18:1n9t	Pearson Correlation	0.494	-0.045	0.229	0.211	0.343	0.167	-0.104	0.064	-0.416
	<i>p</i>	0.177	0.909	0.554	0.585	0.366	0.667	0.790	0.870	0.265
C 18:0	Pearson Correlation	0.651	-0.407	0.913**	0.910**	-0.159	-0.065	0.739*	0.517	0.165
	<i>p</i>	0.058	0.276	0.001	0.001	0.683	0.867	0.023	0.154	0.671
C 20:4n6	Pearson Correlation	-0.345	-0.078	-0.294	-0.293	-0.159	0.540	-0.363	-0.284	-0.236
	<i>p</i>	0.363	0.842	0.442	0.444	0.682	0.134	0.336	0.459	0.541
C 20:3n6	Pearson Correlation	0.016	0.528	-0.179	-0.260	0.764*	-0.186	-0.280	-0.769*	-0.143
	<i>p</i>	0.968	0.144	0.646	0.500	0.017	0.632	0.465	0.015	0.714

Table S1. Cont.

		BMI (kg/m ²)	25(OH)D (nmol/L)	hsCrp (mg/l)	IL-6 (pg/mL)	Triglycerides (mmol/l)	Total Cholesterol (mmol/l)	Adiponectin (µg/mL)	Resistin (ng/ml)	Leptin (ng/ml)
C 20:0	Pearson Correlation	0.386	-0.717*	0.195	0.306	-0.353	-0.012	0.178	0.890**	-0.249
	<i>p</i>	0.305	0.030	0.615	0.423	0.351	0.976	0.647	0.001	0.518
C 22:0	Pearson Correlation	-0.310	0.294	0.367	0.393	-0.172	-0.108	0.437	-0.134	0.232
	<i>p</i>	0.417	0.442	0.331	0.296	0.657	0.782	0.239	0.731	0.549
C 24:1	Pearson Correlation	-0.462	0.660	-0.156	-0.189	-0.008	-0.621	0.206	-0.132	0.454
	<i>p</i>	0.211	0.053	0.688	0.627	0.984	0.075	0.595	0.735	0.220
C 24:0	Pearson Correlation	-0.697*	0.709*	-0.170	-0.247	-0.396	-0.083	0.220	-0.329	0.728*
	<i>p</i>	0.037	0.032	0.663	0.523	0.291	0.831	0.569	0.388	0.026
SFA	Pearson Correlation	0.304	-0.063	0.673*	0.659	-0.092	-0.504	0.808**	0.381	0.321
	<i>p</i>	0.426	0.871	0.047	0.054	0.814	0.166	0.008	0.312	0.399
MUFA	Pearson Correlation	0.052	0.183	-0.336	-0.0263	0.295	-0.314	-0.379	-0.002	0.052
	<i>p</i>	0.895	0.638	0.377	0.493	0.440	0.411	0.315	0.996	0.894
PUFA	Pearson Correlation	-0.303	-0.025	-0.489	-0.505	-0.037	0.610	-0.604	-0.355	-0.330
	<i>p</i>	0.427	0.950	0.182	0.166	0.925	0.081	0.085	0.348	0.386