

Manuscript: Screening of Lesser-Known Salted–Dried Fish Species for Fatty Acids, Tocols, and Squalene

Supplementary Table S2. Nutritional Indices for Fatty Acids

Species	PUFA/SFA	n-6/n-3 PUFA ratio	EPA+DHA	AI	TI	HH	FLQ
Fillets				Family Carangidae			
<i>S. leptolepis</i>	1.11	0.15	31.3	0.48	0.29	2.28	32.33
<i>S. quinqueradiata</i>	1.40	0.07	39.4	0.36	0.21	3.12	40.41
				Family: Clupeidae			
<i>A. kessleri</i>	0.80	0.18	12.7	0.39	0.28	2.82	13.42
<i>C. cultriventris</i>	0.62	0.10	12.4	0.57	0.31	2.27	12.46
				Family Cyprinidae			
<i>A. brama</i>	1.36	0.21	24.5	0.35	0.20	3.46	25.31
<i>A. mento</i>	0.99	0.13	16.8	0.61	0.27	2.06	17.97
<i>A. aspius</i>	0.36	0.26	8.8	0.62	0.56	1.80	9.70
<i>B. ballerus</i>	1.30	0.23	28.7	0.45	0.26	2.41	29.47
<i>B. bjoerkna</i>	0.68	0.23	13.6	0.55	0.39	2.28	14.36
<i>B. sapa</i>	1.16	0.33	26.2	0.45	0.31	2.31	26.41
<i>B. tauricus</i>	1.76	1.52	8.9	0.24	0.23	4.85	9.92
<i>C. auratus</i>	1.26	0.33	25.0	0.43	0.28	2.29	27.90
<i>C. carpio</i>	0.92	0.22	19.4	0.35	0.30	3.03	20.86
<i>H. molitrix</i>	0.58	0.38	12.5	0.73	0.46	1.91	12.72
<i>P. cultratus</i>	0.41	0.31	9.8	0.53	0.57	2.00	10.01
<i>R. caspicus</i>	1.30	0.14	28.8	0.41	0.23	2.65	29.72
<i>R. heckelii</i>	0.77	0.26	14.9	0.45	0.34	2.27	15.11
<i>S. erythrophthalmus</i>	1.14	0.73	15.0	0.46	0.32	2.33	15.63
<i>V. vimba</i>	1.19	0.29	19.0	0.39	0.26	2.73	19.77
				Family Gadidae			
<i>G. chalcogrammus</i>	1.52	0.10	39.8	0.44	0.20	2.35	39.84
<i>G. morhua</i>	2.15	0.05	41.0	0.31	0.13	3.76	41.88
				Family Mullidae			
<i>M. barbatus</i>	0.95	0.23	23.2	0.47	0.32	2.80	23.53
				Family Osmeridae			
<i>O. mordax</i>	1.25	0.05	34.7	0.55	0.20	2.35	34.91
<i>S. lucioperca</i>	1.39	0.11	32.9	0.39	0.21	2.76	34.16
				Family Percidae			
<i>P. fluviatilis</i>	1.42	0.11	34.4	0.39	0.20	2.83	37.55
				Family Pleuronectidae			
<i>P. quadrituberculatus</i>	1.72	0.09	27.5	0.40	0.15	3.20	29.13
				Family Salmonidae			
<i>O. gorbuscha</i>	1.05	0.06	22.4	0.52	0.17	3.09	26.38
				Family Siluridae			
<i>P. asotus</i>	0.80	0.41	11.4	0.42	0.37	2.54	11.89
Roes				Family Cyprinidae			
<i>A. brama</i>	1.08	0.16	26.9	0.46	0.25	2.34	27.56
<i>C. carpio</i>	1.03	0.33	17.1	0.41	0.30	2.39	19.48
<i>R. caspicus</i>	1.39	0.10	35.7	0.42	0.21	2.45	36.35
<i>S. erythrophthalmus</i>	1.12	0.28		0.47	0.31	1.99	26.85
				Family Moridae			
<i>L. longipes</i>	0.84	0.28	16.6	0.45	0.37	2.18	16.97
				Family Osmeridae			
<i>O. mordax</i>	1.17	0.07	26.9	0.61	0.21	2.22	27.59
				Family Pleuronectidae			
<i>P. quadrituberculatus</i>	1.74	0.07	37.3	0.43	0.16	2.84	42.10

Abbreviations: PUFA: polyunsaturated fatty acids; SFA: saturated fatty acids; AI: atherogenic index; TI: thrombogenic index; HH: hypocholesterolemic/hypercholesterolemic fatty acids ratio; FLQ: fish lipid quality.