

Supplemental Table 1. Fatty acid composition of cooking oil in human feeding study

Item	Octanoic acid	Decanoic acid	Dodecano- ic acid	Trideca- noic acid	Myristic acid	Pentadeca noic acid	Hexadeca- noic acid	Palmitole- ic acid	Heptadec anoic acid	Stearic acid	Oleic	Linoleic acid	Linolenic acid	arachidic acid	Gadoleic acid
%	C8:0	C10:0	C12:0	C13:0	C14:0	C15:0	C16:0	C16:1	C17:0	C18:0	C18:1	C18:2	C18:3	C20:0	C20:1
Olive oil							14.09	1.02	0.05	2.15	73.92	7.21	0.67	0.37	0.28
Soybean oil					0.08		11.00	0.09	0.1	4.35	23.79	52.1	7.33	0.37	0.18
Palm oil			0.25		1.06	0.05	40.78	0.18	0.1	4.14	41.67	10.8	0.31	0.34	0.14
Camellia oil					0.05		9.15	0.12	0.07	2.28	78.73	8.45	0.38	0.04	0.52
Tallow		0.08	0.22		3.64	0.69	26.33	2.33	1.82	22.23	39.62	1.80	0.36	0.19	0.16