

**Table S1** Composition of the fatty acids in FO and SMO

Fatty acids	Content of the Fatty acids (mg/g total fatty acids)	
	SMO	FO
C8:0	0	0.1
C10:0	0	0.2
C12:0	0	1.2
C13:0	0	0.5
C14:0	0	89.7
C14:1	0	0.5
C15:0	0	6.5
C16:0	0.5	196.8
C16:1	0	101.7
C17:0	0	7.6
C18:0	0.2	39.7
C18:1n9c	0.2	94.1
C18:2n6c	0.3	14.7
C18:3n6	1.5	0
C18:3n3	0	10.5
C20:0	0	3.5
C20:1	0	13.1
C21:0	0	2.7
C20:2	0	0.5
C20:3n6	0	1.9
C20:4n6	0.6	10.8
C20:3n3	0	1
C20:5n3 (EPA)	10.7	193
C22:0	0	2.6
C22:1n9	0	2.2
C22:2	0	0.2
C23:0	8.4	9.2
C24:0	0	22.8
C22:6n3 (DHA)	977.6	167.2
C24:1	0	5.6
$\Sigma$ SFAs	9.1	383.1
$\Sigma$ MUFAs	0.2	217.2