

S1 Table: Fatty acid composition of the experimental diets.

	Powder-based muscle food diets						Reference diet
	Salmon	Chicken Low Fat	Chicken	Pork	Beef	Beef n-6	RM1
<b>% of total fatty acids<sup>a</sup></b>							
<b>C14:0</b>	2.2	1.2	0.8	1.5	3.1	2.2	5.2
<b>C16:0</b>	8.8	23.2	21.2	22.0	23.6	19.1	11.4
<b>C16:1<sub>n-7</sub></b>	2.5	4.2	4.2	2.3	2.9	2.1	3.3
<b>C18:0</b>	2.4	6.6	6.0	10.5	21.0	16.0	1.5
<b>C18:1<sub>n-9</sub></b>	42.9	39.6	40.1	43.6	36.1	31.4	28.4
<b>C18:2<sub>n-6</sub></b>	13.4	17.6	21.2	12.8	2.5	19.9	25.5
<b>C18:3<sub>n-3</sub></b>	4.8	1.7	2.1	1.4	0.8	0.5	2.2
<b>C18:4<sub>n-3</sub></b>	0.6	-	-	-	-	-	-
<b>C20:1<sub>n-9</sub></b>	3.7	0.4	0.4	0.9	0.2	0.2	-
<b>C20:4<sub>n-6</sub></b>	0.3	0.6	0.4	0.4	0.1	0.1	-
<b>C20:5<sub>n-3</sub></b>	2.6	-	-	-	-	-	-
<b>C22:5<sub>n-3</sub></b>	1.6	0.2	-	0.2	0.1	0.1	-
<b>C22:6<sub>n-3</sub></b>	3.9	0.2	-	0.1	-	-	-
<b>DB<sup>b</sup></b>	<b>138.3</b>	<b>89.1</b>	<b>95.0</b>	<b>79.8</b>	<b>47.5</b>	<b>75.9</b>	<b>89.3</b>

<sup>a</sup>Analyses performed by Eurofins Food & Agro Testing AS (Moss, Norway): fatty acid composition [1]

<sup>b</sup>DB is the relative number of double bonds per g fat, and was calculated by the formula:

$$DB = \sum_{n=1}^6 n (\% \text{ fatty acids with } n \text{ double bonds})$$

- Ottestad I, Vogt G, Retterstøl K, Myhrstad MC, Haugen J-E, Nilsson A, et al. Oxidised fish oil does not influence established markers of oxidative stress in healthy human subjects: a randomised controlled trial. Br J Nutr. 2012 Jul;108(2):315–26.