Table 2S. Assignments of the different peaks of the ^{1}H NMR spectra of purified TAG compounds.

Chemical shift attributions of ^{1}H NMR signals indicated in Figure S7. Abbreviations: s, singlet; d, doublet; dd, doublet of doublets; t, triplet; m, multiplet.

Peak Name (agree with figure)	Chemical Shift, δ (ppm)	Peak multiplicity	Assigned number of H's	Proton-Functional group
a/a'	0.89/0.88	t	9	-C*H*$_3$ → (terminal methyl protons of saturated and unsaturated chains)
b'	1.25	Broad signal	~70	-C*H*$_2$- →(Protons of methylene envelop)
c/c'	1.59/1.57	m	6	-COO-CH$_2$-C*H*$_2$- → (H-3 protons of acyl moieties in triacylglycerols) H$_2$O → (residual molecules)
d'	2.01	m	4	=C- C*H*$_2$- → (allylic methylenes)
e/e'	2.25/2.31	t	6	COO- C*H*$_2$- → (H-2 protons of acyl moieties in triacylglycerols)
f/f'	4.10/4.14	dd	2	-C*H*$_2$-OR → (H-1 and H-3 protons of glycerol,
g/g'	4.25/4.29	dd	2	the assignments are interchangeable)
h/h'	5.23/5.26	m	1	>CH-OR → (H-2 of the glycerol backbone)
i'	5.35	t	2	=C*H*– → (olefinic protons of unsaturated FA)