

Supplemental Table 1 Proportion of specific fatty acid species measured in plasma, muscle triglycerides, and muscle phospholipid fractions

	Plasma fatty acids		Muscle triglycerides		Muscle Phospholipids	
	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER
C14:0	2±1%	3±1%*	2±1%	4±1%*	<1%	<1%
C16:0	24±1%	27±1%*	24±1%	27±1%*	30±1%	29±1%*
C18:0	8±1%	8±1%	6±1%	6±1%	14±1%	13±1%*
Total saturated	35±1%	39±2%*	32±1%	37±1%*	44±1%	43±1%*
C16:1	3±1%	3±1%	3±1%	3±1%	<1%	<1%
C18:1	42±1%	40±1%	48±1%	45±1%*	9±1%	9±1%
Total monounsaturated	47±1%	46±1%	50±1%	48±1%	10±1%	9±1%*
C18:2	15±1%	12±1%*	17±1%	14±1%*	36±1%	36±1%
C20:4	2±1%	2±1%	<1%	<1%	10±1%	11±1%*
Total polyunsaturated	18±1%	15±1%*	18±1%	15±1%*	46±1%	48±1%*

Values are means±SE. * Significantly different from BEFORE, P<0.05.

Measurements of the following fatty acids represented <1% of the total fatty acid pool or were not detectible in plasma, muscle triglycerides, and muscle phospholipid fractions: C12:0, C20:0, C22:0, C14:1, C20:1, C22:1, C18:3, C20:2, C20:3, C20:5, and C22:6