

**Table S2: Liver fatty acid content as determined by GLC**

Common Name	Chemical Formula	VEH / CON	cSiO <sub>2</sub> / CON	cSiO <sub>2</sub> / ↑DHA	cSiO <sub>2</sub> / ↓SF.ω6	cSiO <sub>2</sub> / ↓SF.ω6↑DHA		
		(% of total fatty acids)						
Lauric	<b>C12:0</b>	0.03 ± 0.01 <sup>AC</sup>	0.04 ± 0.01 <sup>A</sup>	0.04 ± 0.01 <sup>A</sup>	0.02 ± 0.01 <sup>B</sup>	0.02 ± 0.01 <sup>BC</sup>	39	
Myristic	<b>C14:0</b>	0.57 ± 0.12 <sup>AC</sup>	0.54 ± 0.10 <sup>AC</sup>	0.69 ± 0.08 <sup>A</sup>	0.31 ± 0.05 <sup>B</sup>	0.54 ± 0.03 <sup>C</sup>	40	
Palmitic	<b>C16:0</b>	20.42 ± 0.55 <sup>A</sup>	20.33 ± 0.62 <sup>A</sup>	24.96 ± 1.01 <sup>B</sup>	14.45 ± 0.61 <sup>C</sup>	20.76 ± 1.15 <sup>A</sup>	41	
Palmitoleic	<b>C16:1ω7t</b>	0.06 ± 0.01 <sup>A</sup>	0.06 ± 0.01 <sup>A</sup>	0.06 ± 0.01 <sup>AB</sup>	0.04 ± 0.01 <sup>B</sup>	0.03 ± 0.01 <sup>C</sup>	42	
Palmitoleic	<b>C16:1ω7c</b>	2.98 ± 0.48 <sup>AB</sup>	2.48 ± 0.40 <sup>A</sup>	3.28 ± 0.35 <sup>B</sup>	1.70 ± 0.26 <sup>C</sup>	2.58 ± 0.15 <sup>A</sup>	43	
Stearic	<b>C18:0</b>	2.73 ± 0.52 <sup>ACD</sup>	3.55 ± 0.52 <sup>B</sup>	3.41 ± 0.80 <sup>BC</sup>	2.08 ± 0.25 <sup>D</sup>	2.10 ± 0.22 <sup>D</sup>	44	
Elaidic	<b>C18:1ω9t</b>	0.07 ± 0.02 <sup>A</sup>	0.07 ± 0.01 <sup>A</sup>	0.06 ± 0.01 <sup>A</sup>	0.05 ± 0.02 <sup>A</sup>	0.04 ± 0.02 <sup>A</sup>	45	
Oleic	<b>C18:1ω9c</b>	47.01 ± 1.04 <sup>A</sup>	44.79 ± 1.25 <sup>B</sup>	36.04 ± 4.98 <sup>C</sup>	65.50 ± 1.24 <sup>D</sup>	57.44 ± 0.47 <sup>E</sup>	46	
Linoleic	<b>C18:2ω6</b>	15.64 ± 1.37 <sup>A</sup>	16.37 ± 1.64 <sup>A</sup>	17.51 ± 3.12 <sup>A</sup>	5.80 ± 0.46 <sup>B</sup>	6.96 ± 0.99 <sup>B</sup>	47	
Arachidic	<b>C20:0</b>	0.00 ± 0.00 <sup>A</sup>	0.00 ± 0.00 <sup>A</sup>	0.00 ± 0.00 <sup>A</sup>	0.01 ± 0.02 <sup>A</sup>	0.00 ± 0.00 <sup>A</sup>	48	
Gamma-linolenic	<b>C18:3ω6</b>	0.16 ± 0.05 <sup>A</sup>	0.18 ± 0.03 <sup>A</sup>	0.09 ± 0.02 <sup>C</sup>	0.08 ± 0.02 <sup>C</sup>	0.05 ± 0.02 <sup>C</sup>	49	
Linolenic	<b>C18:3ω3</b>	0.50 ± 0.09 <sup>A</sup>	0.46 ± 0.10 <sup>A</sup>	1.17 ± 0.14 <sup>B</sup>	1.03 ± 0.14 <sup>BC</sup>	0.90 ± 0.05 <sup>C</sup>	50	
Eicosanoic	<b>C20:1ω9</b>	0.49 ± 0.11 <sup>A</sup>	0.52 ± 0.09 <sup>A</sup>	0.03 ± 0.08 <sup>B</sup>	0.00 ± 0.00 <sup>B</sup>	0.00 ± 0.00 <sup>B</sup>	51	
Conjugated Linoleic	<b>CLA 9c,11t</b>	0.14 ± 0.02 <sup>AC</sup>	0.13 ± 0.01 <sup>AC</sup>	0.15 ± 0.00 <sup>A</sup>	0.00 ± 0.00 <sup>B</sup>	0.02 ± 0.03 <sup>C</sup>	52	
Eicosadienoic	<b>C20:2ω6</b>	0.12 ± 0.02 <sup>A</sup>	0.15 ± 0.02 <sup>B</sup>	0.14 ± 0.03 <sup>AB</sup>	0.05 ± 0.02 <sup>C</sup>	0.06 ± 0.02 <sup>C</sup>	53	
Eicosatrienoic	<b>C20:3ω9</b>	0.05 ± 0.01 <sup>AC</sup>	0.07 ± 0.02 <sup>AB</sup>	0.03 ± 0.01 <sup>AC</sup>	0.13 ± 0.02 <sup>B</sup>	0.03 ± 0.01 <sup>C</sup>	54	
Behenic	<b>C22:0</b>	0.00 ± 0.00	0.00 ± 0.00	0.00 ± 0.00	0.00 ± 0.00	0.00 ± 0.00	55	
Dihomo-g-linolenic	<b>C20:3ω6</b>	0.23 ± 0.02 <sup>ABC</sup>	0.30 ± 0.05 <sup>AC</sup>	0.32 ± 0.06 <sup>AB</sup>	0.19 ± 0.02 <sup>C</sup>	0.15 ± 0.01 <sup>B</sup>	56	
Arachidonic	<b>C20:4ω6</b>	1.39 ± 0.19 <sup>A</sup>	2.44 ± 0.57 <sup>B</sup>	0.73 ± 0.17 <sup>C</sup>	1.30 ± 0.19 <sup>A</sup>	0.27 ± 0.03 <sup>D</sup>	57	
Eicosapentaenoic	<b>C20:5ω3</b>	0.06 ± 0.01 <sup>A</sup>	0.06 ± 0.02 <sup>A</sup>	0.88 ± 0.29 <sup>B</sup>	0.03 ± 0.01 <sup>C</sup>	0.59 ± 0.10 <sup>B</sup>	58	
Lignoceric	<b>C24:0</b>	0.01 ± 0.01 <sup>A</sup>	0.00 ± 0.00 <sup>B</sup>	0.01 ± 0.01 <sup>AB</sup>	0.00 ± 0.00 <sup>B</sup>	0.00 ± 0.00 <sup>B</sup>	59	
Adrenic	<b>C22:4ω6</b>	0.06 ± 0.01 <sup>A</sup>	0.09 ± 0.03 <sup>B</sup>	0.04 ± 0.01 <sup>AC</sup>	0.05 ± 0.02 <sup>A</sup>	0.02 ± 0.01 <sup>C</sup>	60	
Docosapentaenoic ω6	<b>C22:5ω6</b>	0.32 ± 0.07 <sup>AB</sup>	0.37 ± 0.04 <sup>A</sup>	0.24 ± 0.03 <sup>B</sup>	0.60 ± 0.07 <sup>C</sup>	0.31 ± 0.06 <sup>AB</sup>	61	
Docosapentaenoic ω3	<b>C22:5ω3</b>	0.09 ± 0.02 <sup>A</sup>	0.09 ± 0.02 <sup>A</sup>	0.35 ± 0.13 <sup>B</sup>	0.05 ± 0.02 <sup>C</sup>	0.16 ± 0.03 <sup>D</sup>	62	
Docosahexaenoic	<b>C22:6ω3</b>	1.02 ± 0.26 <sup>A</sup>	1.55 ± 0.34 <sup>B</sup>	5.07 ± 2.05 <sup>C</sup>	0.73 ± 0.03 <sup>A</sup>	2.08 ± 0.44 <sup>BD</sup>	63	
Total SF		24.10 ± 0.62 <sup>A</sup>	24.82 ± 0.99 <sup>A</sup>	29.44 ± 0.71 <sup>B</sup>	17.06 ± 0.78 <sup>C</sup>	23.60 ± 0.91 <sup>A</sup>	64	
Total MUFA		55.42 ± 1.82 <sup>A</sup>	52.35 ± 1.75 <sup>B</sup>	43.31 ± 6.03 <sup>C</sup>	72.49 ± 1.31 <sup>D</sup>	64.56 ± 0.87 <sup>E</sup>	65	
Total ω-3 PUFA		1.67 ± 0.31 <sup>A</sup>	2.16 ± 0.38 <sup>A</sup>	7.47 ± 2.54 <sup>B</sup>	1.91 ± 0.19 <sup>A</sup>	3.72 ± 0.60 <sup>C</sup>	66	
Total ω-6 PUFA		18.05 ± 1.64 <sup>A</sup>	19.90 ± 1.65 <sup>A</sup>	19.06 ± 3.35 <sup>A</sup>	8.17 ± 0.63 <sup>B</sup>	7.82 ± 1.05 <sup>B</sup>	67	
EPA+DHA		1.08 ± 0.26 <sup>A</sup>	1.60 ± 0.36 <sup>B</sup>	5.95 ± 2.33 <sup>C</sup>	0.75 ± 0.03 <sup>A</sup>	2.67 ± 0.54 <sup>D</sup>	68	
							69	

Data presented as mean ± SD. Difference between diets compared by ordinary one-way ANOVA followed by Tukey's multiple comparison. Nonparametric versions of these tests were used when applicable. Unique letters indicate significant differences between groups (p<0.05).