

Supplementary Materials

Table S1. Composition of used cooking oil samples (0d and 10d samples) measured with gas chromatography (mg/g oil). n.d. is not detected (<0.02 mg/g oil).

	UCO1/18/0 d	U UCO1/18/10 d	UCO2/18/0 d	UCO2/18/10 d	UCO3/18/0 d	UCO3/18/10 d
<i>Saturated FFA</i>						
C12:0	n.d.	0.04	n.d.	0.02	n.d.	0.07
C14:0	0.04	0.08	0.07	0.09	0.11	0.08
C16:0	2.18	2.42	3.01	3.19	3.41	3.59
C17:0	0.06	0.04	0.10	0.16	0.14	0.06
C18:0	1.04	1.11	1.48	1.53	1.57	1.59
C20:0	0.25	0.32	0.41	0.38	0.32	0.41
C22:0	0.25	0.26	0.28	0.24	0.28	0.27
<i>Unsaturated FFA</i>						
C16:1	0.08	0.15	0.15	0.12	0.12	0.21
C18:2	6.63	7.30	9.65	9.74	10.18	10.24
C18:3	1.77	1.93	2.60	2.56	2.70	2.55
9-18:1	15.15	18.03	23.05	24.02	24.88	25.05
11-18:1	1.13	1.44	1.82	2.23	2.18	2.02
cis-13-21:1	0.33	0.37	0.45	0.59	0.53	0.48
C22:1	0.18	0.21	0.27	0.28	0.38	0.36
<i>Monoglycerides</i>						
MG (1)	0.18	0.09	0.18	0.20	0.23	0.19
MG (2)	0.48	0.50	0.69	0.67	0.95	0.93
MG (3)	1.11	1.14	1.59	1.58	2.18	2.15
<i>Sterols</i>						
cholesterol	0.12	0.12	0.10	0.10	0.09	0.10
campesterol	0.33	0.36	0.28	0.28	0.29	0.28
sitosterol	0.63	0.62	0.57	0.55	0.54	0.57
sitostanol	0.07	0.14	0.11	0.07	n.d.	0.09
<i>Sum saturated FFA</i>	3.8	4.3	5.4	5.6	5.8	6.1
<i>Saturated FFA/Sum FFA</i>	13.1%	12.7%	12.4%	12.5%	12.5%	12.9%
<i>Sum unsaturated FFA</i>	25.3	29.4	38.0	39.5	41.0	40.9
<i>Sum monoglycerides</i>	1.8	1.7	2.5	2.5	3.4	3.3
<i>Sum FFA</i>	29.1	33.7	43.3	45.2	46.8	47.0

Table S2. Composition of fish oil samples (FO1/18/0d, FO1/18/10d), measured with gas chromatography (mg/g oil). n.d.is not detected (<0.02 mg/g oil).

	FO1/18/0 d	FO1/18/10 d
<i>Saturated FFA</i>		
C12:0	n.d.	0.11
C14:0	2.76	2.59
C15:0	0.25	0.29
C16:0	6.42	6.19
C17:0	0.12	0.12
C18:0	1.86	1.88
C20:0	0.25	0.19
C22:0	0.25	0.20
<i>Unsaturated FFA</i>		
C16:1	4.01	3.84
C18:3 (1)	0.96	0.80
C18:2	18.5	17.1
C18:3 (2)	5.75	5.10
9-18:1	42.3	41.0
11-18:1	3.53	3.52
cis-5,8,11,14,17-21:5	3.17	2.65
cis-13-21:1	2.93	2.53
5,8,11,14,17-21:5 methyl ester	4.43	3.41
cis-22:1 (1)	1.54	1.52
cis-22:1 (2)	0.69	0.75
<i>Monoglycerids</i>		
MG (1)	0.30	0.35
MG (2)	0.61	0.52
MG (3)	1.74	1.62
<i>Sterols</i>		
Cholesterol	1.58	1.49
Sum saturated FFA	11.9	11.6
Saturated FFA/Sum FFA	11.9%	12.3%
Sum unsaturated FFA	87.8	82.3
Sum monoglycerides	2.6	2.5
Sum FFA	99.7	93.9



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