

Table S1. Description of dietary treatments.

	Control	Low DHA	High DHA
	Medium LNA	Low LNA	Low LNA
	No DHA	No DHA	High DHA
Protein (% w/w)	20.3	20.3	20.3
Carbohydrate (% w/w)	66.0	66.0	66.0
Fat (% w/w)	5.0	5.0	5.0
Calorie per diet weight kcal/g	3.9	3.9	3.9
Ingredients (g/kg)			
Casein	200	200	200
DL-Methionine	3	3	3
Corn Starch	150	150	150
Sucrose	500	500	500
Cellulose, BW200	50	50	50
Corn Oil	30	25	10
Safflower Oil	0	25	19
DHA powder KSF58	0	0	50
Soybean Oil	10	0	0
Canola oil	10	0	0
Fatty acids (g/kg)¹			
Total n-3 PUFA	1.43	0.31	7.80
LNA	1.42	0.28	0.14
EPA	0	0	0.26
DHA	0	0	7.20
Total n-6 PUFA	21.20	30.29	18.42
Linoleic acid	21.10	30.14	16.65
Arachidonic acid	0	0	0.06
n-6:n-3 PUFA ratio	14.82	97.70	2.36

Abbreviations and notes: n-3 and n-6 = n-3 and n-6 polyunsaturated fatty acids (PUFA) DHA: docosahexaenoic acid (22:6n-3) from DHA microencapsulated powder (Martek/DSM) EPA: eicosapentaenoic acid (20:5n-3) This formulation contains 1:25 ratio of to DHA LNA: alpha-linolenic acid (18:2 n-3) (from soybean oil) ¹ Determined within the diet by gas chromatography.