Supplementary Table 1 – Fatty acid composition for test fats/oils.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ***Butter*** | ***Coconut*** | ***Grapeseed*** | ***Olive*** |
| **Total Fat content (%w/w)** | ***83*** | ***99.8*** | ***100*** | ***91*** |
| **Total saturated fat (% fat)** | **61** | **90** | **10** | **15** |
|  Caprylic C8:0 | 0.7 | 7 | - | - |
|  Capric C10:0 | 1.7 | 6 | - | - |
|  Lauric C12:0 | 2.5 | 48 | - | - |
|  Myristic C14:0 | 9.4 | 18 | - | - |
|  Palmitic C16:0 | 31.8 | 9 | 8.5 | 14 |
|  Stearic C18:0 | 15.1 | 2 | 4 | 1 |
| **Total MUFA (% fat)** | **32** | **7** | **19** | **77** |
|  Palmitoleic C16:1 | 1.8 | - | - | - |
|  Oleic C18:1 | 30.1 | 7 | 19 | 77 |
| **Total PUFA (% fat)** | **4.1** | **2** | **71** | **7** |
|  Linoleic acid C18:2 | 3 | 2 | 71 | 7 |
|  Linolenic C18:3 | 1.1 | - | - | - |