**Appendix 1.** Fatty acid profiles of 100g portions of common foods high and low in LA and AA

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **LA Food Description** | **USDA database Code** | **LA (g)** | **AA (g)** | **ALA (g)** | **EPA (g)** | **DHA (g)** |
| Corn oil | 4518 | 53·5 | 0·00 | 1·16 | 0·00 | 0·00 |
| Mayonnaise | 4026 | 52.00 | 0·00 | 3.00 | 0·00 | 0·00 |
| Soybean oil | 4044 | 51.00 | 0·00 | 6·79 | 0·00 | 0·00 |
| Sesame oil | 4058 | 41·3 | 0·00 | 0·3 | 0·00 | 0·00 |
| Sunflower oil  (high linoleic) | 4506 | 65·7 | 0·00 | 0.00 | 0·00 | 0·00 |
| Walnuts, English | 12155 | 38·1 | 0·00 | 9·08 | 0·00 | 0·00 |
| Peanut oil | 4042 | 32.00 | 0·00 | 0.00 | 0·00 | 0·00 |
| Ranch Salad Dressing | 4639 | 25·3 | 0·00 | 3·06 | 0·00 | 0·00 |
| Sunflower seeds | 12036 | 23·1 | 0·00 | 0·06 | 0·01 | 0·00 |
| Margarine | 4628 | 22·3 | 0·00 | 2·04 | 0·00 | 0·00 |
| Sesame seeds | 12023 | 21·3 | 0·00 | 0·38 | 0·00 | 0·00 |
| Pecans | 12142 | 20·6 | 0·00 | 0·99 | 0·00 | 0·00 |
| Rapeseed oil | 4582 | 19.00 | 0·00 | 9·14 | 0·00 | 0·00 |
| Peanuts | 16087 | 15·6 | 0·00 | 0.00 | 0·00 | 0·00 |
| Peanut butter | 16098 | 14·1 | 0·00 | 0·08 | 0·00 | 0·00 |
| Pistachios | 12151 | 13·2 | 0·00 | 0·25 | 0·00 | 0·00 |
| Flaxseed oil | 42231 | 12·7 | 0·00 | 53·3 | 0·00 | 0·00 |
| Almonds | 12061 | 12·1 | 0·00 | 0·01 | 0·00 | 0·00 |
| Olive oil | 4053 | 9·8 | 0·00 | 0·76 | 0·00 | 0·00 |
| Cashews | 12087 | 7·8 | 0·00 | 0·06 | 0·00 | 0·00 |
| Cocoa Butter | 4501 | 2·8 | 0·00 | 0·1 | 0·00 | 0·00 |
| Soybeans, green | 11853 | 2·7 | 0·00 | 0·35 | 0·00 | 0·00 |
| Tofu | 16127 | 1·8 | 0·00 | 0·25 | 0·00 | 0·00 |
| Coconut oil | 4047 | 1·8 | 0·00 | 0.00 | 0·00 | 0·00 |
| Avocado | 9038 | 1·7 | 0·00 | 0·13 | 0·00 | 0·00 |
| Palm Kernel Oil | 4513 | 1·6 | 0·00 | 0.00 | 0·00 | 0·00 |
|  |  |  |  |  |  |  |
| **AA Food Description** | **USDA Code** | **LA** | **AA** | **ALA** | **EPA** | **DHA** |
| Chicken, wing, skin and meat | 5103 | 3·57 | 0·15 | 0·15 | 0·02 | 0·06 |
| Eggs | 1123 | 1·15 | 0·14 | 0·03 | 0.00 | 0·04 |
| Chicken, dark meat | 5120 | 1·69 | 0·11 | 0·08 | 0·01 | 0·04 |
| Pork, sausage | 7063 | 3·16 | 0·09 | 0·13 | 0·00 | 0·00 |
| Catfish, farmed | 15234 | 0·88 | 0·09 | 0·1 | 0·07 | 0·21 |
| Chicken breast | 5117 | 0·24 | 0·08 | 0·01 | 0·00 | 0·02 |
| Salmon, sockeye | 35151 | 0·07 | 0·08 | 0·07 | 0·33 | 0·63 |
| Shrimp | 15151 | 0·02 | 0·07 | 0·01 | 0·17 | 0·14 |
| Ham | 10909 | 0·65 | 0·05 | 0·03 | 0·00 | 0·00 |
| Beef, 85% lean meat | 23567 | 0·34 | 0·04 | 0·05 | 0·00 | 0·00 |
| Tilapia | 15261 | 0·21 | 0·03 | 0·04 | 0·01 | 0·11 |
| Haddock | 15034 | 0·01 | 0·03 | 0.00 | 0·08 | 0·16 |
| Beef, flank | 13948 | 0·2 | 0·03 | 0·09 | 0·00 | 0·00 |
| Turkey breast | 7079 | 0·27 | 0·02 | 0·02 | 0·00 | 0·00 |
| Cod | 15192 | 0·01 | 0·02 | 0·00 | 0·1 | 0·17 |
| Beef, top round steak | 13893 | 0·24 | 0·02 | 0·09 | 0·00 | 0·00 |

\*LA, linoleic acid; AA, arachidonic acid; ALA, α-linolenic acid

† Nutrient data derived from the U.S. Department of Agriculture, Agricultural Research Service. 2008. USDA National Nutrient Database for Standard Reference, Release 21.