Supplementary Tables

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| Table S1. Comparison of dietary fatty acid and fish intake between supplement users and non-supplement users by adults aged 18-64 years in 2011 and 2001 |
|  | 2011 |  | 2001 |
|  | Supplement users (n=111) | Non-supplement users (n=778) | P┼ |  | Supplement users (n=81) | Non-supplement users (n=1016) | P┼ |
|  | Mean | SD | Mean | SD |  | Mean | SD | Mean | SD |
| Total fat (g/d) | 86.93 | 24.10 | 86.84 | 28.41 | 0.969 |  | 91.35 | 34.54 | 97.11 | 32.69 | 0.150 |
| SFA(g/d) | 33.61 | 11.50 | 33.92 | 12.52 | 0.792 |  | 36.10 | 16.58 | 38.05 | 15.28 | 0.309 |
| MUFA(g/d) | 30.99 | 9.76 | 32.08 | 11.23 | 0.283 |  | 30.37 | 11.35 | 32.56 | 11.48 | 0.098 |
| PUFA(g/d) | 16.37 | 5.49 | 15.28 | 6.93 | 0.061 |  | 17.48 | 7.60 | 19.06 | 7.96 | 0.076 |
| ALA(g/d) | 2.04 | 1.89 | 1.44 | 0.69 | 0.001 |  | - | - | - | - | - |
| EPA(mg/d) | 309.15 | 560.89 | 85.52 | 131.95 | ＜0.001 |  | 145.80 | 173.59 | 122.60 | 238.87 | 0.265 |
| DHA(mg/d) | 335.35 | 526.57 | 129.93 | 218.72 | ＜0.001 |  | 170.91 | 193.98 | 153.55 | 270.30 | 0.455 |
| *Trans-*fat(g/d) | 1.32 | 1.01 | 1.32 | 0.84 | 0.993 |  | 1.77 | 0.94 | 1.87 | 0.93 | 0.324 |
|  |  |  |  |  |  |  |  |  |  |  |  |
| Total fat (%TE) | 34.30 | 5.55 | 34.07 | 6.22 | 0.695 |  | 35.46 | 6.17 | 35.70 | 5.87 | 0.738 |
| SFA(%TE) | 13.23 | 3.35 | 13.29 | 3.25 | 0.851 |  | 13.87 | 3.49 | 13.91 | 3.39 | 0.910 |
| MUFA(%TE) | 12.17 | 2.29 | 12.57 | 2.67 | 0.095 |  | 11.81 | 2.23 | 11.95 | 2.24 | 0.608 |
| PUFA(%TE) | 6.56 | 2.04 | 6.03 | 2.25 | 0.013 |  | 6.89 | 2.27 | 7.08 | 2.29 | 0.465 |
| ALA(%TE) | 0.83 | 0.87 | 0.57 | 0.23 | 0.002 |  | - | - | - | - | - |
| EPA(%TE) | 0.12 | 0.19 | 0.04 | 0.06 | ＜0.001 |  | 0.06 | 0.09 | 0.05 | 0.10 | 0.184 |
| DHA(%TE) | 0.13 | 0.19 | 0.05 | 0.10 | ＜0.001 |  | 0.07 | 0.10 | 0.06 | 0.11 | 0.283 |
| *Trans*-fat(%TE) | 0.51 | 0.33 | 0.51 | 0.27 | 0.954 |  | 0.68 | 0.24 | 0.69 | 0.25 | 0.848 |
| PS ratio | 0.54 | 0.29 | 0.48 | 0.23 | 0.037 |  | 0.53 | 0.21 | 0.54 | 0.23 | 0.511 |
|  |  |  |  |  |  |  |  |  |  |  |  |
| Fish intake╪  (g/d, total population) | 34.64 | 37.46 | 26.87 | 40.37 | 0.045 |  | 26.93 | 34.69 | 28.40 | 37.75 | 0.716 |
| % cons of fish | 64.90 | - | 47.70 | - | - |  | 58.02 | - | 53.54 | - | - |
| Fish intake╪ (g/d, cons only) | 53.40 | 34.03 | 56.35 | 41.91 | 0.519 |  | 46.41 | 34.20 | 53.05 | 36.80 | 0.210 |
| n=number of participants. ns, not significant. -, data not available. %, percentage. PS ratio, polyunsaturated to saturated ratio. %TE, percentage of total energy. Cons, consumer.SFA, saturated fatty acids. MUFA, monounsaturated fatty acids. PUFA, polyunsaturated fatty acids. ALA, alpha-linolenic acid. EPA, eicosapentaenoic acid. DHA, docosahexaenoic acid. P┼, independent samples t-test. For comparison of means between age groups. Equal variances not assumed. ╪includes fish, fish products & fish dishes. |

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| Table S2. Percentage of Irish healthy adult adhering to current UK, EFSA and WHO/FAO dietary recommendation for total fat and its constituent fats by age group and gender in 2001. |
|  | Total population |  | Male |  | Female |
|  | 18-35yrs (n=424) | 36-50 yrs (n=422) | 51-64 yrs (n=251) | 18-64 yrs (n=1097) |  | 18-35yrs (n=218) | 36-50 yrs (n=198) | 51-64 yrs (n=139) | 18-64 yrs (n=448) |  | 18-35yrs (n=206) | 36-50 yrs (n=224) | 51-64 yrs (n=112) | 18-64 yrs (n=542) |
| Total fat ≤ 33%TE┼ | 67.9 | 66.8 | 83.3 | 71.5 |  | 78.0 | 74.7 | 89.9 | 80.2 |  | 55.9 | 60.3 | 74.1 | 61.6 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| SFA ≤ 10%TE┼ | 24.8 | 25.6 | 33.1 | 27.2 |  | 28.4 | 27.3 | 40.3 | 31.4 |  | 20.9 | 24.6 | 23.2 | 23.1 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| MUFA ≥12%TE┼ | 100.0 | 100.0 | 92.8 | 98.9 |  | 98.2 | 96.5 | 91.4 | 96.2 |  | 100.0 | 100.0 | 93.8 | 100.0 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| PUFA ≥ 6%TE┼ | 100.0 | 100.0 | 100.0 | 100.0 |  | 100.0 | 100.0 | 100.0 | 100.0 |  | 100.0 | 100.0 | 100.0 | 100.0 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| EPA+ DHA >250mg╪ | 76.7 | 100.0 | 100.0 | 100.0 |  | 83.9 | 100.0 | 100.0 | 100.0 |  | 68.4 | 100.0 | 100.0 | 100.0 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Trans*-fat ≤2%FE§ | 100.0 | 100.0 | 100.0 | 100.0 |  | 100.0 | 100.0 | 100.0 | 100.0 |  | 100.0 | 100.0 | 100.0 | 100.0 |
| n=number of participants, TE=total energy┼, Dietary Reference Values of UK Department of Health (1991).╪, Targets for ALA, EPA and DHA are from the Dietary Reference Values of European Food Safety Authority (2010)§, Targets for *trans*-fat are presented as % food energy (FE) as per UK SACN (2007) SFA, saturated fatty acids. MUFA, monounsaturated fat. PUFA, polyunsaturated fat.ALA, alpha-linolenic acid. EPA, eicosapentaenoic acid. DHA, docosahexaenoic acid. |