**Supplemental table: Total SFA, MUFA and PUFA in leukocyte membranes at baseline and after 8 weeks\*$**

**(Medians and 25th–75th percentiles)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| g/100g fatty acids | Baseline | 8 weeks | *P*† | *P*‡ |
|  | Median | 25-75 percentile | Median | 25-75 percentile |  |  |
| SFA |  |  |  |  |  |  |
|  Lean fish group | 40.6 | 40.1, 42.3 | 40.4 | 39.8, 41.5 | 0.11 | 0.44 |
|  Fatty fish group | 40.3 | 40.0, 40.6 | 40.3 | 39.9, 40.6 | 0.66 |  |
|  Control group | 40.3 | 40.0, 41.4 | 40.3 | 40.2, 40.6 | 0.59 |  |
| MUFA |  |  |  |  |  |  |
|  Lean fish group | 30.3 | 28.1, 33.2 | 29.5 | 27.5, 32.0 | 0.29 | 0.10 |
|  Fatty fish group | 30.6 | 29.7, 31.7 | 31.0 | 30.1, 31.9 | 0.48 |  |
|  Control group | 30.5 | 29.5, 31.7 | 30.1 | 29.4, 31.7 | 0.53 |  |
| PUFA |  |  |  |  |  |  |
|  Lean fish group | 26.7 | 25.0, 28.4 | 28.0 | 26.3, 28.7 | 0.21 | 0.056 |
|  Fatty fish group | 27.0 | 25.9, 27.4 | 26.7 | 25.8, 27.3 | 0.37 |  |
|  Control group | 26.4 | 25.8, 27.2 | 26.9 | 26.5, 27.9 | 0.25 |  |

\* No differences were observed between the groups at baseline (Kruskal–Wallis test). Results are presented for eleven participants in the lean fish group, eleven participants in the fatty fish group and eleven participants in the control group.

$ Only fatty acids with group medians > 0.05 g/100g fatty acids in at least one group is included in the calculation of total SFA, MUFA and PUFA

† Within-group changes are tested using Wilcoxon’s signed-rank test.

‡ Changes within lean fish, fatty fish and control groups are compared using the Kruskal–Wallis test.