**SUPPLEMENTAL TABLE 5**

Median (25th, 75th percentile) DHA in the plasma lipid fractions of males and females

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| --- | --- | --- |
|  |  |  **MALES** |
|  |  | PC | NEFAs | CEs | TGs |  | PC | NEFAs | CEs | TGs |
|   |   | % | % | % | % |   | μg/ml | μg/ml | μg/ml | μg/ml |
| All |  | 2.82 | 43.63 | 1.09 | 1.88 |  | 0.44 | 9.16 | 0.53 | 4.51 |
|   | (2.08, 3.88) | (29.64, 57.62) | (0.79, 1.52) | (1.26, 3.08) |   | (0.30, 0.62) | (5.90, 12.36) | (0.36, 0.92) | (2.36, 8.21) |
| Oily Fish Intake1 | 0/wk | 2.22 | 34.3 | 0.85 | 1.44 |  | 0.36 | 7.5 | 0.42 | 2.9 |
| (1.54, 3.38) | (19.91, 48.12) | (0.57, 1.08) | (1.00, 1.99) |  | (0.28, 0.44) | (5.02, 9.16) | (0.30, 0.55) | (1.66, 4.60) |
| 0.1-0.99/wk | 2.53 | 40.75 | 1.14 | 1.97 |  | 0.46 | 9.37 | 0.49 | 4.54 |
| (2.06, 3.47) | (29.27, 52.72) | (0.82, 1.52) | (1.42, 3.12) |  | (0.29, 0.60) | (5.08, 12.86) | (0.35, 0.83) | (2.34, 7.17) |
| 1-1.99/wk | 3.2 | 50.45 | 1.41 | 2 |  | 0.54 | 10.59 | 0.87 | 7.42 |
| (2.79, 4.11) | (36.66, 71.27) | (0.94, 1.78) | (1.19, 4.35) |  | (0.35, 0.69) | (7.12, 14.82) | (0.49, 1.44) | (2.74, 12.17) |
| 2+/wk | 3.7 | 59.38 | 1 | 2.02 |  | 0.55 | 10.27 | 0.7 | 6.1 |
| (2.71, 5.00) | (49.58, 77.60) | (0.75, 1.28) | (1.56, 2.43) |   | (0.37, 0.77) | (7.57, 12.02) | (0.43, 1.35) | (3.19, 12.12) |
| Age | 20-29y | 2.23 | 38.03 | 0.83 | 1.2 |  | 0.43 | 7.69 | 0.4 | 2.27 |
| (1.66, 3.76) | (26.01, 49.58) | (0.73, 1.10) | (0.90, 1.70) |  | (0.18, 0.72) | (2.22, 10.19) | (0.25, 0.52) | (1.47, 3.24) |
| 30-39y | 2.83 | 41.49 | 1.29 | 1.8 |  | 0.46 | 9.77 | 0.55 | 4.56 |
| (1.73, 3.95) | (25.02, 57.72) | (0.93, 1.55) | (1.19, 3.19) |  | (0.33, 0.58) | (6.10, 11.24) | (0.38, 0.89) | (2.30, 8.21) |
| 40-49y | 2.47 | 34.67 | 0.87 | 1.79 |  | 0.38 | 8.24 | 0.45 | 4.39 |
| (2.06, 2.96) | (26.82, 48.27) | (0.68, 1.24) | (1.16, 2.15) |  | (0.28, 0.56) | (5.84, 12.35) | (0.30, 0.81) | (1.66, 7.19) |
| 50-59y | 3.15 | 51.22 | 1.12 | 2.07 |  | 0.48 | 9.21 | 0.61 | 5.38 |
| (2.46, 3.93) | (36.98, 61.52) | (0.96, 1.52) | (1.46, 3.53) |  | (0.29, 0.63) | (6.07, 13.97) | (0.37, 1.05) | (2.96, 8.45) |
| 60+y | 3.38 | 47.41 | 1.19 | 2.44 |  | 0.47 | 10.07 | 0.64 | 5.43 |
| (2.49, 5.00) | (38.45, 76.94) | (0.63, 1.71) | (1.74, 4.27) |   | (0.33, 0.72) | (6.86, 13.17) | (0.43, 1.23) | (3.13, 9.24) |
| BMI1 | Normal weight | 2.82 | 39.23 | 1.1 | 1.76 |  | 0.43 | 7.75 | 0.52 | 2.82 |
| (2.19, 4.05) | (30.86, 54.78) | (0.681.53) | (1.14, 3.12) |  | (0.29, 0.55) | (5.08, 10.92) | (0.38, 0.94) | (1.66, 5.91) |
| Overweight | 2.83 | 45.63 | 1.06 | 1.94 |  | 0.46 | 9.32 | 0.55 | 4.76 |
| (2.02, 3.65) | (28.86, 54.22) | (0.79, 1.45) | (1.35, 3.08) |  | (0.30, 0.63) | (6.30, 12.02) | (0.35, 0.86) | (2.54, 8.30) |
| Obese | 3.01 | 54.3 | 1.23 | 1.91 |  | 0.49 | 9.35 | 0.58 | 5.79 |
| (1.99, 3.70) | (35.55, 78.30) | (0.86, 1.77) | (1.42, 3.51) |   | (0.31, 0.76) | (5.88, 15.41) | (0.40, 1.12) | (3.20, 8.36) |
|  |  |  **FEMALES** |
|  |  | PC | NEFAs | CEs | TGs |  | PC | NEFAs | CEs | TGs |
|   |   | % | % | % | % |   | μg/ml | μg/ml | μg/ml | μg/ml |
| All |  | 2.94 | 45.52 | 1.17 | 2.26 |  | 0.47 | 8.99 | 0.67 | 4.01 |
|   | (2.10, 3.93) | (29.94, 58.84) | (0.80, 1.63) | (1.58, 3.42) |   | (0.32, 0.60) | (5.83, 13.01) | (0.43, 1.01) | (2.38, 6.76) |
| Oily Fish Intake1 | 0/wk | 2.8 | 36.4 | 0.85 | 1.97 |  | 0.45 | 8.96 | 0.51 | 3.21 |
| (1.90, 3.51) | (27.74, 48.95) | (0.52, 1.30) | (1.25, 3.26) |  | (0.36, 0.64) | (5.45, 12.44) | (0.35, 0.73) | (2.22, 5.04) |
| 0.1-0.99/wk | 2.55 | 39.14 | 1.05 | 2.11 |  | 0.4 | 8.15 | 0.66 | 3.88 |
| (2.03, 3.23) | (28.40, 51.04) | (0.78, 1.64) | (1.57, 3.37) |  | (0.30, 0.51) | (4.51, 11.29) | (0.37, 0.95) |  (2.17, 5.37) |
| 1-1.99/wk | 3.53 | 52.42 | 1.26 | 2.33 |  | 0.48 | 9.47 | 0.73 | 4.7 |
| (2.64, 4.08) | (33.45, 60.87) | (0.92, 1.63) | (1.66, 3.04) |  | (0.35, 0.62) | (7.86, 16.33) | (0.53, 1.29) | (2.75, 6.85) |
| 2+/wk | 4.24 | 69.2 | 1.61 | 2.77 |  | 0.65 | 9.97 | 1.53 | 10.05 |
| (3.09, 5.82) | (37.93, 90.10) | (1.26, 2.27) | (2.07, 4.90) |   | (0.53, 0.72) | (8.63, 13.59) | (0.75, 2.06) | (4.44, 14.04) |
| Age | 20-29y | 3.09 | 44.09 | 1.04 | 2.11 |  | 0.44 | 8.83 | 0.74 | 4.34 |
| (2.35, 3.73) | (30.32, 54.45) | (0.74, 1.71) | (1.76, 3.50) |  | (0.34, 0.66) | (6.65, 10.79) | (0.48, 1.10) | (2.86, 7.24) |
| 30-39y | 2.76 | 33.8 | 0.99 | 2.39 |  | 0.43 | 6.36 | 0.66 | 3.24 |
| (2.28, 4.08) | (27.40, 52.74) | (0.76, 1.52) | (1.37, 3.15) |  | (0.31, 0.61) | (4.00, 9.84) | (0.39, 1.06) | (2.04, 5.18) |
| 40-49y | 2.96 | 41.13 | 1.28 | 2.32 |  | 0.48 | 9.78 | 0.73 | 4.74 |
| (2.07, 3.92) | (29.61, 58.84) | (0.92, 1.71) | (1.48, 3.37) |  | (0.35, 0.53) | (6.17, 13.40) | (0.44, 0.98) | (2.67, 7.34) |
| 50-59y | 2.8 | 41.81 | 1.08 | 2.21 |  | 0.46 | 9.47 | 0.6 | 4.22 |
| (2.02, 3.23) | (30.09, 57.68) | (0.74, 1.73) | (1.77, 3.69) |  | (0.26, 0.68) | (5.44, 16.42) | (0.43, 0.97) | (2.36, 7.16) |
| 60+y | 3.41 | 52.01 | 1.24 | 2.49 |  | 0.48 | 11.14 | 0.67 | 3.78 |
|  (2.38, 4.29) | (35.01, 70.46) | (0.89, 1.54) | (1.62, 3.90) |   | (0.35, 0.56) | (6.40, 14.90) | (0.46, 0.95) | (2.69, 5.45) |
| BMI1 | Normal weight | 3.11 | 48.11 | 1.23 | 2.29 |  | 0.47 | 8.9 | 0.72 | 4.42 |
| (2.38, 3.93) | (30.32, 60.06) | (0.83, 1.62) | (1.45, 3.27) |  | (0.34, 0.56) | (5.84, 12.46) | (0.47, 1.05) | (2.56, 6.52) |
| Overweight | 2.49 | 36.25 | 1.04 | 2.38 |  | 0.46 | 9.75 | 0.53 | 3.27 |
| (2.06, 3.85) | (29.44, 51.39) | (0.72, 1.61) | (1.77, 3.99) |  | (0.26, 0.77) | (5.04, 14.99) | (0.37, 0.89) | (2.08, 5.51) |
| Obese | 3.09 | 45.52 | 1.14 | 1.82 |  | 0.52 | 8.08 | 0.79 | 4.77 |
| (2.46, 3.96) | (33.80, 67.93) | (0.97, 1.64) | (1.56, 2.22) |   | (0.33, 0.68) | (5.94, 10.83) | (0.67, 1.04) | (3.64, 9.75) |

PC, Phosphatidylcholine, NEFAs, non-esterified fatty acids, CEs, cholesteryl esters, TGs, triacyglycerol.

1 Oily fish defined as: salmon, herring, mackerel, fresh tuna, sardines, kippers, and trout.

2 BMI: Normal weight = 18-25 (kg/m2), Overweight = 25.1-30 (kg/m2) and Obese = 30.1-46 (kg/m2).