Supplementary table S1. Heating of dietary oils.

|  |  |  |  |
| --- | --- | --- | --- |
| Group | Heat treatment\* | Ginger (7.5%) | Turmeric (7.5%) |
| N-CNO | - | - | - |
| H-CNO | + | - | - |
| H-CNO+GI | + | + | - |
| H-CNO+TU | + | - | + |
| N-SFO | - | - | - |
| H-SFO | + | - | - |
| H-SFO+GI | + | + | - |
| H-SFO+TU | + | - | + |

N-CNO: native canola oil, H-CNO: heated canola oil, H-CNO+GI: heated canola oil with ginger, H-CNO+TU: heated canola oil with turmeric. N-SFO: native sunflower oil, H-SFO: heated sunflower oil, H-SFO+GI: heated sunflower oil with ginger, H-SFO+TU: heated sunflower oil with turmeric (\* Dietary oils were heated at 1600C for 10min each time up to four cycles with or without ginger or turmeric).

Supplementary table S2. Fatty acid composition of the diet.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Fatty acids (%) | N-CNO | H-CNO | H-CNO+GI | H-CNO+TU | N-SFO | H-SFO | H-SFO+GI | H-SFO+TU |
| 16:0 | 7.0 | 7.3 | 7 | 6.2 | 5.8 | 6.1 | 5.8 | 6.1 |
| 18:0 | 4.4 | 4.7 | 4.5 | 4.8 | 3.6 | 3.9 | 3.6 | 3.7 |
| 18:1n-9 | 52 | 52.3 | 50.8 | 51.6 | 35.5 | 37.7 | 34.3 | 35.1 |
| 18:2n-6 | 21.5 | 22.6 | 21.9 | 21.6 | 55.1 | 51.6 | 56.3 | 55.1 |
| 18:3n-3 | 15.1 | 13.1 | 15.8 | 15.7 | ND | ND | ND | ND |

Values are Mean of triplicate samples. ND: Not detected