**Supplemental Table 1.** Fatty acid compositions of canola, flaxseed and soybean oil

| Saturated fatty acids (%) | Monounsaturated fatty acids (%) | Polyunsaturated fatty acids (%) |
|---------------------------|---------------------------------|---------------------------------|
|                           | Total mono                      | Oleic acid (n-9)                | Total poly | Linolenic acid (n-3) | Linoleic acid (n-6) |
| Canola                    | 7.4                             | 63.3                            | 61.8       | 28.1                  | 9.1                | 18.6                |
| Flaxseed                  | 9                               | 18.4                            | 18         | 67.8                  | 53                 | 13                  |
| Soybean                   | 15.6                            | 22.8                            | 22.6       | 57.7                  | 7                  | 51                  |

(*"US National Nutrient Database, Release 28", United States Department of Agriculture, May 2016.*)