

**Table S1.** Types of  $\omega$ -3 plasma fatty acids in individuals with elevated and normal glycohemoglobin. NHANES, 2011-2012.

$\omega$ -3 Plasma Fatty Acids	Total		Glycohemoglobin < 5.7%		Glycohemoglobin $\geq$ 5.7%	
	$\mu\text{mol/L}$	%	$\mu\text{mol/L}$	%	$\mu\text{mol/L}$	%
ALA	96.1	26.4	91.3	25.5	101.0	27.3
EPA	87.7	24.1	91.0	25.4	84.4	22.9
DHA	179.4	49.4	174.9	49.1	183.9	49.8
Total plasma $\omega$ -3 *	363.2	100	357.2	100	369.3	100

Notes: DHA: docosahexaenoic acid; EPA: eicosapentaenoic acid; ALA: alpha linolenic acid; \* Total plasma  $\omega$ -3 by the sum of ALA (18:3n-3), EPA (20:5n-3), DHA (22:6n-3).