

**Supplementary Table S1.** Lowest, highest and mean content of the fatty acids included as criteria for the developing of the nutritional quality score of dietary oils (g/100g).

Oil	SFA			18:1			18:2			18:3			EPA+DHA		
	Lowest	Highest	Mean	Lowest	Highest	Mean	Lowest	Highest	Mean	Lowest	Highest	Mean	Lowest	Highest	Mean
<b>Almond</b> [1-4]	5.8	9.3	7.6	67.6	67.9	67.8	6.2	37.1	21.7	0.0	0.3	0.2	0.0	0.0	0.0
<b>Argan</b> [5-6]	15.8	23.1	19.5	43.0	49.1	46.1	27.2	39.3	33.3	0.0	0.5	0.3	0.0	0.0	0.0
<b>Avocado</b> [3,10-12]	11.6	31.7	21.7	58.4	76.5	67.5	9.0	17.5	13.3	0.3	3.2	1.8	0.0	0.0	0.0
<b>Beef tallow</b> [10,13,14]	47.5	49.8	48.7	40.5	41.8	41.2	1.0	6.0	3.5	0.0	1.5	0.8	0.0	0.0	0.0
<b>Butter</b> [10,15]	50.5	67.5	59.0	23.4	29.4	26.4	1.8	2.3	2.1	0.4	1.2	0.8	0.0	0.0	0.0
<b>Camellia</b> [2,16,17]	17.2	17.3	17.3	72.5	79.8	76.2	7.5	9.5	8.5	0.3	0.6	0.5	0.0	0.0	0.0
<b>Canola</b> [1,2,10,18-21]	4.3	17.4	10.9	58.6	72.8	65.7	15.2	30.0	22.6	1.2	44.0	22.6	0.0	0.0	0.0
<b>Chia</b> [3,22-24]	9.3	14.0	11.7	6.0	11.0	8.5	11.7	20.4	16.1	60.2	65.2	62.7	0.0	0.0	0.0
<b>Coconut</b> [1,10,18-20,25]	82.5	92.9	87.7	5.8	8.8	7.3	0.5	2.5	1.5	0.0	0.2	0.1	0.0	0.0	0.0
<b>Corn</b> [2,3,10,18-20]	13.4	25.1	19.3	24.8	38.7	31.8	34.0	65.6	49.8	0.0	2.0	1.0	0.0	0.0	0.0
<b>Cotton</b> [18-20,26,27]	10.5	28.2	19.4	17.5	35.4	26.5	42.0	64.3	53.2	0.0	0.4	0.2	0.0	0.0	0.0
<b>Evening primrose</b> [28-31]	8.7	13.9	11.3	7.2	11.5	9.4	61.0	73.1	67.1	8.7	12.9	10.8	0.0	0.0	0.0
<b>Flaxseed</b> [2,10,20,32-33]	8.9	9.7	9.3	18.3	23.5	20.9	12.9	20.5	16.7	47.5	57.1	52.3	0.0	0.0	0.0
<b>Grapeseed</b> [10,12,34-36]	9.7	12.6	11.2	14.5	22.2	18.4	58.0	78.0	68.0	0.0	1.1	0.6	0.0	0.0	0.0
<b>Hazelnut</b> [2,37,38]	7.2	16.7	12.0	74.5	83.2	78.9	7.6	16.6	12.1	0.0	0.2	0.1	0.0	0.0	0.0
<b>Herring</b> [14,39-40]	20.0	24.1	22.1	45.6	56.4	51.0	1.1	1.3	1.2	0.2	1.5	0.9	10.7	19.7	15.2

\* EPD+DHA, ecosapentaenoic plus docosahexaenoic acid content; SFA, saturated fatty acids. For references, see References for Supplementary Tables S1 and S2.

**Supplementary Table S1. (cont.).** Lowest, highest and mean content of the fatty acids included as criteria for the developing of the nutritional quality score of dietary oils. (g/100g).

Oil	SFA			18:1			18:2			18:3			EPA+DHA (mg)		
	Lowest	Highest	Mean	Lowest	Highest	Mean	Lowest	Highest	Mean	Lowest	Highest	Mean	Lowest	Highest	Mean
<b>Lard</b> [10,13,14]	38.6	39.0	38.8	44.0	44.9	44.5	4.0	12.0	8.0	0.0	1.5	0.8	0.0	0.0	0.0
<b>Margarine</b> [41-44]	10.1	56.2	33.1	20.8	58.9	39.9	12.8	59.3	36.1	0.0	0.0	0.0	0.0	0.0	0.0
<b>Olive, common</b> [1,3,10,19,20,45,46]	15.3	20.7	18.0	66.6	80.9	73.8	3.5	21.0	12.3	0.0	1.6	0.8	0.0	0.0	0.0
<b>Olive, pomace</b> [19,45,47,48]	13.5	19.1	16.3	65.0	75.4	70.2	3.5	21.0	12.3	0.6	0.8	0.7	0.0	0.0	0.0
<b>Olive, Virgin</b> [10,16,45,49]	13.0	20.2	16.6	61.2	79.4	70.3	3.5	21.0	12.3	0.3	0.8	0.6	0.0	0.0	0.0
<b>Palm</b> [1,10,18,25]	46.3	49.5	47.9	37.0	41.5	39.3	9.0	12.0	10.5	0.0	0.5	0.3	0.0	0.0	0.0
<b>Peanut</b> [1,3,10,19,20,50,51]	12.6	19.2	15.9	38.6	74.2	56.4	18.2	43.2	30.7	0.0	0.3	0.2	0.0	0.0	0.0
<b>Sacha-inchi</b> [46,52]	6.8	15.9	11.4	9.7	24.7	17.2	21.3	53.6	37.5	10.1	49.0	29.6	0.0	0.0	0.0
<b>Safflower</b> [2,10,18,20,53]	7.2	9.8	8.5	11.6	16.6	14.1	54.3	83.2	68.8	0.0	0.2	0.1	0.0	0.0	0.0
<b>Salmon</b> [54,55]	23.8	23.8	23.8	35.5	35.5	35.5	1.5	15.0	8.3	0.0	6.0	3.0	5.0	25.5	15.3
<b>Sardine</b> [56,57]	31.9	31.9	31.9	24.4	24.4	24.4	1.6	1.8	1.7	0.4	0.8	0.6	23.1	32.7	27.9
<b>Sesame</b> [1,18,33,58]	16.9	18.6	17.8	40.6	42.0	41.3	40.1	47.9	44.0	0.2	0.8	0.5	0.0	0.0	0.0
<b>Soybean</b> [3,10,18-21,25]	12.2	23.9	18.1	16.4	38.1	27.3	47.6	59.0	53.3	4.5	12.1	8.3	0.0	0.0	0.0
<b>Sunflower</b> [1,3,10,18-21,25]	8.3	12.4	10.4	15.9	45.5	30.7	46.0	76.0	61.0	0.0	0.5	0.3	0.0	0.0	0.0
<b>Sunflower, high-oleic</b> [10,18,60-62]	7.8	9.9	8.9	83.7	85.2	84.4	2.1	17.0	9.6	0.0	0.3	0.2	0.0	0.0	0.0
<b>Walnut</b> [2,3,63,64]	8.0	12.3	10.2	14.0	26.3	20.2	53.7	63.2	58.4	0.1	14.4	7.2	0.0	0.0	0.0

\* EPD+DHA, ecosapentaenoic plus docosahexaenoic acid content; SFA, saturated fatty acids. For references, see References for Supplementary Tables S1 and S2.