Supplemental Table S1: Average PUFA levels (% of total fatty acids) and ratio of LA to ALA in breast milk reported in studies from different countries

Country [Reference]	Sample size	LA	ALA	DHA	LA/ALA
Australia[1]	69	8.5	0.70	0.2	12.1
Bolivia[2]	35	10.2	1.90	0.69	5.4
Brazil[3–5]	88	20.6	1.51	0.21	14.0
Canada [6–8]	1257	13.5	1.86	0.19	7.3
China [9]	2585	21.8	1.68	0.35	13.0
Cuba[10]	52	19.4	0.92	0.43	21.1
Denmark [11,12]	78	10.7	0.98	0.49	12.4
Finland [13]	7	9.9	1.22	0.3	8.1
France[14–16]	54	12.2	0.57	0.18	21.5
Germany [17,18]	743	10.2	0.7	0.2	14.2
India[19]	135	10.8	1.8	0.7	6.1
Italy[20,21]	74	10.5	0.3	0.2	35.4
Korea [22]	254	17.8	1.87	0.5	9.5
Latvia[23]	61	11.0	1.00	0.3	11.0
Malaysia [24]	26	9.8	0.32	0.56	30.6
New Zealand (Maori & Pacific Island) [25]	17	10.4	1.34	0.18	7.8
Mauritius[15]	15	26.9	2.65	0.38	10.2
Netherlands[26–28]	156	13.1	1.1	0.2	12.4
New Zealand [25]	53	10.4	1.25	0.15	8.3
Pakistan[22]	97	9.1	0.43	0.23	21.2
Poland[29,30]	190	10.0	1.1	0.3	9.5
Portugal [31]	62	16.8	0.7	0.4	24.7
Singapore [32]	50	15.2	1.12	0.63	13.6
Spain[33–40]	152	15.4	0.6	0.3	25.3
Sudan [41]	32	14.7	0.28	0.1	52.5
Sweden [42]	19	10.7	1.47	0.37	7.3
Taiwan [43,44]	78	23.0	1.6	0.9	14.3
Tanzania [45]	34	15.8	0.52	0.53	30.4
Turkey[17,46]	79	21.2	0.6	0.1	34.1
USA [2]	35	18.9	1.58	0.16	12.0
Vietnam [22]	92	17.1	1.17	0.48	14.6

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