Supplementary Table S1. Nutritional and health-related indices.

Index	Equation
Index of desirable fatty acids (DFA)	$C18{:}\,0 + \Sigma\text{MUFA} + \Sigma\text{PUFA}$
Sum of hypercholesterolemic fatty acids (OFA)	C14:0 + C16:0
Hypocholesterolemic/hypercholesterolemic ratio (HH)	$\frac{\text{C18:1 ω9} + \text{C18:2 ω6} + \text{C20:4 ω6} + \text{C18:3 ω3} + \text{C20:5 ω3} + \text{C22:5 ω3} + \text{C22:6 ω3}}{(\text{C14:0} + \text{C16:0})}$
Index of atherogenicity (AI)	$\frac{C12{:}\,0 + (4 \times \text{C14:0}) + \text{C16:0}}{\Sigma\text{MUFA} + \Sigma\text{PUFA}}$
Index of thrombogenicity (TI)	$\frac{C14{:}\,0 + C16{:}\,0 + C18{:}\,0}{0.5\,x\,\Sigma\text{MUFA} + 0.5\,\text{x}\,\Sigma(\omega6)\text{PUFA} + 3\text{x}\,\Sigma(\omega3)\text{PUFA} + (\frac{\Sigma\omega3\ \text{PUFA}}{\Sigma\omega6\ \text{PUFA}})}$
Oleic desaturation ratio (ODR)	$100\,x\,\frac{C18{:}\,2 + C18{:}\,3}{C18{:}\,1 + C18{:}\,2 + C18{:}\,3}$
Oleic acid/(ALA+LA) [OL(ALA+LA)]	$\frac{\text{C18:1}}{(\text{C18:2} + \text{C18:3})}$