

Table 2.

Fatty acid compositions (% weight of total fatty acids) of the 9 mm 100% FO and VO diets and the 9 mm finishing diet.

Fatty acid	FO diet	VO diet	FO-finishing diet
14:0	5.8	0.9	6.8
16:0	15.0	15.9	17.1
18:0	3.0	3.5	3.8
Total saturates ^a	26.1	21.7	31.1
16:1n-7	5.2	0.9	6.7
18:1n-9	10.1	37.6	11.9
18:1n-7	1.9	1.6	2.6
20:1n-9	8.5	4.0	4.3
22:1n-11	13.7	1.6	6.3
24:1	0.9	0.4	0.6
Total monounsaturates ^b	42.6	47.5	34.5
18:2n-6	3.5	16.5	3.3
20:2n-6	0.3	0.4	0.2
20:3n-6	0.1	0.2	0.1
20:4n-6	0.4	0.1	0.8
Total n-6 ^c	4.6	17.1	5.0
18:3n-3	1.6	10.0	0.9
18:4n-3	3.5	0.4	2.2
20:4n-3	0.6	0.1	0.6
20:5n-3	8.5	1.2	12.1
22:5n-3	0.8	0.1	1.4
22:6n-3	10.1	1.5	8.9
Total n-3	25.3	13.4	26.3
Total PUFA	31.3	30.7	34.3
n-3/n-6	5.5	0.8	5.3

Values are means of duplicate analyses. ^aIncludes 15:0, 17:0 and 20:0. ^bIncludes 14:1, 16:1n-9, 17:1, 20:1n-11, 20:1n-7 and 22:1n-9. ^cIncludes 18:3n-6 and 22:5n-6.