

Table 1 : Changes in rat WAT fatty acid composition induced by either alpha-linolenic acid or DHA supplementation [16,19]

<u>Fatty acids (mole %)</u>	Alpha linolenic acid		DHA	
	Control n=12	Supplemented n=14	Control n=7	Supplemented n=6
Saturates				
16:0	15.2	17.3	22.9	20.8
18:0	2.7	2.9	2.8	3.4
Total ¹	19.4	21.8	27	28.9
Monounsaturates				
<i>c</i> -18:1 ω 9	56.9	48.3 ^a	52.7	43.8 ^a
Total ²	62.4	54.7 ^a	57.9	48.9 ^a
ω6 PUFA				
18:2 ω 6	13.9	13.4	12.2	11.1
Total ³	14.4	13.7	12.7	11.3
ω3 PUFA				
18:3 ω 3	1.3	6.9 ^a	0.6	0.8
22:6 ω 3	0.1	0.1	0.1	8.2 ^a
Total ⁴	1.4	7.0 ^a	0.7	9.3 ^a
Ratio				
ω 6 / ω 3	10.3	1.9 ^a	18.1	1.2 ^a

¹ Including: 14:0, 15:0, 17:0, 20:0, 21:0, 22:0, 23:0 and 24:0. ² Including: 14:1, 15:1, 16:1, 17:1, *c*-18:1 ω 7 and 20:1. ³ Including: 18:3 ω 6, 20:2 ω 6, 20:3 ω 6 and 20:4 ω 6. ⁴ Including: 20:3 ω 3, 20:5 ω 3, 22:5 ω 3 and 22:6 ω 3. ^a: within diet, significantly different from control value ($P < 0.05$).