

Table 2. Fatty acid composition of sobaos (g fatty acid/100g total fatty acid mean  $\pm$  standard deviation).

	<b>Brand 1</b> <i>store brand</i>	<b>Brand 2</b> <i>store brand</i>	<b>Brand 3</b> <i>premium brand</i>	<b>Mean</b>
<b>Caprylic C8:0</b>	0.81 $\pm$ 0.05 <sup>a</sup>	0.80 $\pm$ 0.02 <sup>a</sup>	0.91 $\pm$ 0.03 <sup>b</sup>	0.84 $\pm$ 0.06
<b>Capric C10:0</b>	1.01 $\pm$ 0.05 <sup>b</sup>	1.00 $\pm$ 0.02 <sup>b</sup>	0.82 $\pm$ 0.02 <sup>a</sup>	0.94 $\pm$ 0.09
<b>Lauric C12:0</b>	4.00 $\pm$ 0.08 <sup>a</sup>	3.97 $\pm$ 0.04 <sup>a</sup>	5.26 $\pm$ 0.10 <sup>b</sup>	4.42 $\pm$ 0.61
<b>Myristic C14:0</b>	3.74 $\pm$ 0.04 <sup>b</sup>	3.76 $\pm$ 0.02 <sup>b</sup>	3.05 $\pm$ 0.05 <sup>a</sup>	3.51 $\pm$ 0.34
<b>Palmitic C16:0</b>	31.41 $\pm$ 0.27 <sup>b</sup>	31.51 $\pm$ 0.12 <sup>b</sup>	29.56 $\pm$ 0.40 <sup>a</sup>	30.81 $\pm$ 0.95
<b>t-Palmitoleic C16:1<math>\Delta</math>9t</b>	0.08 $\pm$ 0.01 <sup>b</sup>	0.08 $\pm$ 0.01 <sup>b</sup>	0.07 $\pm$ 0.01 <sup>a</sup>	0.08 $\pm$ 0.01
<b>Palmitoleic C16:1</b>	0.27 $\pm$ 0.16 <sup>b</sup>	0.14 $\pm$ 0.13 <sup>a</sup>	0.27 $\pm$ 0.01 <sup>b</sup>	0.23 $\pm$ 0.13
<b>Stearic C18:0</b>	5.64 $\pm$ 0.10 <sup>b</sup>	5.71 $\pm$ 0.08 <sup>c</sup>	4.61 $\pm$ 0.03 <sup>a</sup>	5.32 $\pm$ 0.51
<b>Trans isomers C18:1</b>	0.42 $\pm$ 0.06 <sup>b</sup>	0.48 $\pm$ 0.10 <sup>c</sup>	0.20 $\pm$ 0.05 <sup>a</sup>	0.36 $\pm$ 0.14
<b>Oleic C18:1</b>	30.66 $\pm$ 0.38 <sup>b</sup>	31.08 $\pm$ 0.16 <sup>c</sup>	30.22 $\pm$ 0.49 <sup>a</sup>	30.65 $\pm$ 0.51
<b>c-Vaccenic C18:1</b>	0.86 $\pm$ 0.26 <sup>a</sup>	0.95 $\pm$ 0.02 <sup>a</sup>	0.91 $\pm$ 0.03 <sup>a</sup>	0.91 $\pm$ 0.15
<b>t-Linoleic C18:2<math>\Delta</math>9t,12t</b>	0.08 $\pm$ 0.02 <sup>b</sup>	0.08 $\pm$ 0.00 <sup>b</sup>	0.05 $\pm$ 0.01 <sup>a</sup>	0.07 $\pm$ 0.02
<b>c-t linoleic C18:2<math>\Delta</math>9c,12t</b>	0.18 $\pm$ 0.08 <sup>a</sup>	0.21 $\pm$ 0.01 <sup>a</sup>	0.18 $\pm$ 0.08 <sup>a</sup>	0.19 $\pm$ 0.06
<b>t-c linoleic C18:2<math>\Delta</math>9t,12c</b>	0.22 $\pm$ 0.02 <sup>a</sup>	0.22 $\pm$ 0.01 <sup>a</sup>	0.19 $\pm$ 0.06 <sup>a</sup>	0.21 $\pm$ 0.04
<b>Linoleic C18:2<math>\Delta</math>9c,12c</b>	20.12 $\pm$ 0.06 <sup>b</sup>	19.43 $\pm$ 0.17 <sup>a</sup>	23.37 $\pm$ 0.27 <sup>c</sup>	21.01 $\pm$ 1.75
<b>Arachidic C20:0</b>	0.11 $\pm$ 0.04 <sup>a</sup>	0.12 $\pm$ 0.01 <sup>a</sup>	0.16 $\pm$ 0.02 <sup>b</sup>	0.13 $\pm$ 0.03
<b><math>\gamma</math>-linolenic C18:3</b>	0.02 $\pm$ 0.00 <sup>c</sup>	0.02 $\pm$ 0.00 <sup>ab</sup>	0.02 $\pm$ 0.00 <sup>a</sup>	0.02 $\pm$ 0.00
<b>Eicosenoic C20:1</b>	0.06 $\pm$ 0.01 <sup>a</sup>	0.06 $\pm$ 0.01 <sup>a</sup>	0.06 $\pm$ 0.02 <sup>a</sup>	0.06 $\pm$ 0.01
<b><math>\alpha</math>-linolenic C18:3</b>	0.17 $\pm$ 0.09 <sup>ab</sup>	0.21 $\pm$ 0.02 <sup>b</sup>	0.12 $\pm$ 0.06 <sup>a</sup>	0.17 $\pm$ 0.07
<b>Behenic C22:0</b>	0.14 $\pm$ 0.01 <sup>a</sup>	0.15 $\pm$ 0.01 <sup>b</sup>	0.20 $\pm$ 0.01 <sup>c</sup>	0.16 $\pm$ 0.03
<b>Brassicidic C20:1<math>\Delta</math>13t</b>	nd	nd	nd	nd
<b>Erucic C22:1</b>	0.12 $\pm$ 0.02 <sup>b</sup>	0.12 $\pm$ 0.01 <sup>b</sup>	0.10 $\pm$ 0.01 <sup>a</sup>	0.11 $\pm$ 0.02
<b>Eicosatrienoic C20:3</b>	nd	nd	nd	nd
<b>Arachidonic C20:4</b>	0.01 $\pm$ 0.00 <sup>a</sup>	0.01 $\pm$ 0.00 <sup>a</sup>	0.01 $\pm$ 0.00 <sup>a</sup>	0.01 $\pm$ 0.00
<b>Eicosapentaenoic C22:5</b>	0.09 $\pm$ 0.01 <sup>a</sup>	0.09 $\pm$ 0.01 <sup>a</sup>	0.10 $\pm$ 0.01 <sup>a</sup>	0.10 $\pm$ 0.01
<b>SFA</b>	46.84 $\pm$ 0.39 <sup>b</sup>	47.01 $\pm$ 0.21 <sup>b</sup>	44.27 $\pm$ 0.74 <sup>a</sup>	46.02 $\pm$ 1.36
<b>MUFA</b>	31.86 $\pm$ 0.56 <sup>a</sup>	32.32 $\pm$ 0.17 <sup>b</sup>	31.49 $\pm$ 0.63 <sup>a</sup>	31.88 $\pm$ 0.60
<b>PUFA</b>	20.41 $\pm$ 0.12 <sup>b</sup>	19.71 $\pm$ 0.16 <sup>a</sup>	23.60 $\pm$ 0.28 <sup>c</sup>	21.27 $\pm$ 1.73
<b>trans</b>	0.98 $\pm$ 0.16 <sup>b</sup>	1.02 $\pm$ 0.14 <sup>b</sup>	0.64 $\pm$ 0.19 <sup>a</sup>	0.87 $\pm$ 0.24

*Different letters denote significant differences among samples (p<0.05); nd: not detected; SFA: saturated fatty acids; MUFA: monounsaturated fatty acids; PUFA: polyunsaturated fatty acids*