**Supplementary** **Table 1.** Median values and ratio for Nakano residents and the Aichi prefecture reference, analysed using the Wilcoxon nonparametric sample t-test

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Fatty acid (wt%) | Median value, Nakano residents | Median value, Aichi reference | Nakano/reference | *P*-value |
| ALA | 0.86 | 0.789 | 1.090 | 0.013 |
| EPA | 1.66 | 1.933 | 0.859 | 0.288 |
| DHA | 4.08 | 4.925 | 0.828 | 0.001 |
| GLA | 0.34 | 0.311 | 1.093 | 0.243 |
| DGLA | 1.11 | 1.153 | 0.963 | 0.243 |
| AA | 5.85 | 6.00 | 1.028 | 0.363 |
| LNA | 28.42 | 29.61 | 0.960 | 0.033 |
| OA | 20.41 | 18.81 | 1.085 | < 0.001 |

Reference values were provided by Rei Otsuka, National Institute for Development of Preventive Medicine, National Institute for Longevity Science, National Center for Geriatrics and Gerontology, Aichi Japan (personal communication). ALA, alpha-linolenic acid; EPA, eicosapentaenoic acid; DHA, docosahexaenoic acid; GLA, gamma-linolenic acid; DGLA, dihomo-gamma-linolenic acid; AA, arachidonic acid; LNA, linoleic acid; OA, oleic acid. \* statistically significant at P < 0.05; \*\* statistically significant at P ≤ 0.001.