Table S1. Full empirical and chemical names of fatty acids from fatty acid analysis.

Identifier	Chemical name	Abbreviated name	Formula	Molecular weight (g/mol)
C14:0	Myristic acid methyl ester		$C_{13}H_{27}COOCH_3$	242.40
C16:1	Palmitoleic acid methyl ester		$C_{15}H_{29}COOCH_3$	268.43
C16:0	Palmitic acid methyl ester		$C_{15}H_{31}COOCH_3$	270.45
C17:0	Heptadecanoic acid methyl ester		$C_{16}H_{33}COOCH_3$	284.48
C18:3	γ-Linolenic acid methyl ester α-Linlenic acid methyl ester	GLA ALA	$C_{17}H_{29}COOCH_3$	292.46 292.46
C18:2	Linolelaidic acid methyl ester Linoleic acid methyl ester		$C_{17}H_{31}COOCH_3$	294.47 294.47
C18:1	Elaidic acid methyl ester Oleic acid methyl ester		$C_{17}H_{33}COOCH_3$	296.49 296.49
C18:0	Stearic acid methyl ester		$C_{17}H_{35}COOCH_3$	298.50
C20:5n3	*cis*-5,8,11,14,17, Eicosapentaenoic acid methyl ester	EPA	$C_{19}H_{29}COOCH_3$	316.48
C20:4n6	Arachidonic acid methyl ester	ARA	$C_{19}H_{31}COOCH_3$	318.49
C20:3n6	*cis*-8,11,14, Eicosatrienoic acid methyl ester		$C_{19}H_{33}COOCH_3$	320.51
C20:1n9	*cis*-11, Eicosenoic acid methyl ester		$C_{19}H_{37}COOCH_3$	324.54
C22:6n3	*cis*-4,7,10,13,16,19, Docosahexaenoic acid methyl ester	DHA	$C_{21}H_{31}COOCH_3$	342.51