

Supplementary Table. Dietary sources of the n-3 PUFA intake.

Dietary sources	%
Grain	1.79
Potato	0.06
Pulse	11.1
Green and yellow vegetables	0.50
Other vegetables	1.44
Fruits	0.16
Fish	49.7
Meats	1.63
Eggs	2.13
Milk	0.38
Oil	19.1
Sweets	1.31
Seasoning/Spices	10.7