Contributions of fat and fatty acids intake to the Latin American diet: Results of ELANS study

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**Supplementary material**

To assess the imbalance in the intake of ω3 and ω6 fatty acids, the ω6/ ω3 ratio was calculated (Table S1). According to experts, the ideal ratio should be 4:1. In all the countries studied, ratios were higher than the recommendation, with statistically clearly marked differences between them (p-value < 0.001), which leads to the establishment of the following order:

* Venezuela with the lowest value in the region whose ratio, with 95% confidence, varies between 7.02 and 7.14.
* Peru, Colombia and Brazil had values relatively higher levels than Venezuela, where the ratio ranges between 8.03 and 8.12, with 95% confidence.
* Costa Rica (9.67 to 10.0), Chile (11.0 to 11.51), Ecuador (12.32 to 13.01) and Argentina (17.72 to 18.53) had the highest values, with significant differences between them.

Table S1. Mean of the w6/w3 ratio by country.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Country** | **n** | **Mean** | **Standard Error** | **95% CI** |
| **Lower** | **Upper** |
| ELANS | 9218 | 10,19 | 0,05 | 10,09 | 10,29 |
| Argentina | 1266 | 18,12 | 0,21 | 17,72 | 18,53 |
| Ecuador | 800 | 12,66 | 0,18 | 12,32 | 13,01 |
| Chile | 879 | 11,26 | 0,13 | 11,00 | 11,51 |
| Costa Rica | 798 | 9,84 | 0,09 | 9,67 | 10,00 |
| Brazil, Peru, Colombia | 4343 | 8,08 | 0,02 | 8,03 | 8,12 |
| Venezuela | 1132 | 7,08 | 0,03 | 7,02 | 7,14 |