Invited: n=5460  
(men, n=2779; women, n=2681)

Declined to participate: n=1228  
(men, n=740; women: n=488)

Serum fatty acid data missing: n=82  
(men, n=22; women, n=60)

Anthropometric data missing: n=11  
(men, n=8; women, n=3)

Missing data on ≥1 covariate: n=213  
(men, n=110; women, n=103)

- Physical activity: n=175  
  (men, n=91; women, n=84)
- Alcohol intake: n=118  
  (men, n=62; women, n=56)
- Education: n=157  
  (men, n=82; women, n=75)
- Smoking: n=0

Available for analysis: n=3926  
(men, n=1899; women, n=2027)

**Fig S1. Participant flow chart.** Participants with no missing data regarding exposures (serum fatty acid and desaturase activities), outcomes (abdominal obesity measures), or covariates (physical activity, education, smoking and alcohol intake) were included for statistical analysis.