|  |  |  |  |
| --- | --- | --- | --- |
| **Fat or fatty acids** | **Untrimmed cooked portion** | **Trimmed of subcutaneous fat** | **Trimmed of subcutaneous and intermuscular fat** |
| **G1** | **G2** | **G3** | **G4** | **p-value** | **SE** | **G1** | **G2** | **G3** | **G4** | **p-value** | **SE** | **G1** | **G2** | **G3** | **G4** | **p-value** | **SE** |
| **Total fat (g)** | 17.46 | 20.41 | 20.60 | 21.56 | 0.059 | 0.91 | 14.46a | 16.29a,b | 19.63a,b | 19.66b | 0.019 | 0.90 | 6.96a | 9.77b | 10.26b | 10.44b | 0.007 | 0.55 |
| Lauric (C120) | 0.01a | 0.01a,b | 0.01b | 0.00a | 0.025 | 0.00 | 0.00a | 0.01a,b | 0.01b | 0.00a | 0.018 | 0.00 | 0.00a | 0.00b | 0.00b | 0.00a | < 0.001 | 0.00 |
| Myristic (C14:0) | 0.34 | 0.42 | 0.51 | 0.40 | 0.232 | 0.05 | 0.28 | 0.34 | 0.43 | 0.37 | 0.133 | 0.04 | 0.14a | 0.20b | 0.2b | 0.19a,b | < 0.001 | 0.01 |
| Myristoleic (C14:1 n-9) | 0.04a | 0.05a,b | 0.07b | 0.04a | 0.040 | 0.01 | 0.03a | 0.04a,b | 0.06b | 0.04a | 0.035 | 0.01 | 0.02a | 0.02a | 0.04b | 0.02a | 0.004 | 0.00 |
| Pentadecylic (C15:0) | 0.06a | 0.11b | 0.11b | 0.05a | 0.006 | 0.01 | 0.05a | 0.09b | 0.09b | 0.04a | 0.008 | 0.01 | 0.02a | 0.05b | 0.05b | 0.02a | < 0.001 | 0.00 |
| Palmitic (C16:0) | 2.60 | 3.43 | 3.75 | 3.33 | 0.160 | 0.32 | 2.15 | 2.74 | 3.19 | 3.03 | 0.075 | 0.25 | 1.04a | 1.64b | 1.83b | 1.61b | 0.002 | 0.09 |
| Palmitoleic (C16:1 n-7) | 0.21 | 0.27 | 0.39 | 0.27 | 0.060 | 0.04 | 0.17a | 0.21a,b | 0.33b | 0.24a,b | 0.034 | 0.03 | 0.08a | 0.13a | 0.19b | 0.13a | 0.003 | 0.01 |
| Margaric (C17:0) | 0.15 | 0.18 | 0.18 | 0.12 | 0.080 | 0.02 | 0.12 | 0.14 | 0.15 | 0.11 | 0.173 | 0.01 | 0.06a | 0.09b | 0.09b | 0.06a | 0.008 | 0.01 |
| Stearic acid (C18:0) | 2.13 | 2.67 | 2.62 | 2.74 | 0.270 | 0.22 | 1.76 | 2.14 | 2.23 | 2.49 | 0.111 | 0.18 | 0.86a | 1.28b | 1.27b | 1.32b | 0.010 | 0.08 |
| Elaidic (C18:1) | 0.04a | 0.03b | 0.02b | 0.03a,b | 0.020 | 0.00 | 0.03a | 0.02a,b | 0.02b | 0.03a,b | 0.040 | 0.00 | 0.02 | 0.01 | 0.01 | 0.01 | 0.208 | 0.00 |
| Oleic(C18:1 n-9) | 3.12 | 3.60 | 3.81 | 3.51 | 0.650 | 0.39 | 2.58 | 2.89 | 3.25 | 3.20 | 0.485 | 0.33 | 1.24 | 1.72 | 1.88 | 1.70 | 0.104 | 0.16 |
| Vaccenic (C18:1 n-7) | 0.24 | 0.17 | 0.11 | 0.14 | 0.080 | 0.03 | 0.20 | 0.14 | 0.10 | 0.13 | 0.141 | 0.03 | 0.10 | 0.08 | 0.06 | 0.07 | 0.430 | 0.02 |
| Linoleic(C18:2 n-6) | 0.21a | 0.04b | 0.05b | 0.13a,b | 0.010 | 0.03 | 0.17a | 0.03b | 0.04b | 0.12a,b | 0.008 | 0.02 | 0.08a | 0.02b | 0.02b | 0.06a,b | 0.019 | 0.01 |
| Arachidic(C20:0) | 0.01a | 0.07b | 0.07b | 0.03a | 0.002 | 0.01 | 0.01a | 0.05b | 0.06b | 0.03a | 0.003 | 0.01 | 0.01a | 0.03b | 0.03b | 0.01a | < 0.001 | 0.00 |
| Eicosenoic(C20:1 n-11) | 0.01 | 0.01 | 0.01 | 0.01 | 0.930 | 0.00 | 0.01 | 0.01 | 0.01 | 0.01 | 0.95 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.000 | 0.00 |
| CLA(C18:2 c9, t11) | 0.02a | 0.06b | 0.06b | 0.04a,b | 0.010 | 0.01 | 0.02a | 0.05b | 0.05b | 0.04b | 0.005 | 0.01 | 0.01a | 0.04c | 0.03c | 0.02b | < 0.001 | 0.00 |
| α-linolenic(C18:3 n-3) | 0.01a | 0.05b | 0.05b | 0.02a | 0.001 | 0.01 | 0.01a | 0.04b | 0.04b | 0.02a | 0.002 | 0.00 | 0.00a | 0.02b | 0.02b | 0.01a | < 0.001 | 0.00 |
| Total SFA | 5.31 | 6.88 | 7.24 | 6.66 | 0.200 | 0.61 | 4.39 | 5.51 | 6.16 | 6.07 | 0.103 | 0.48 | 2.16a | 3.30b | 3.52b | 3.22b | 0.003 | 0.18 |
| Total MUFA | 3.66 | 4.12 | 4.42 | 3.99 | 0.670 | 0.43 | 3.02 | 3.31 | 3.77 | 3.65 | 0.518 | 0.37 | 1.45 | 1.97 | 2.18 | 1.94 | 0.110 | 0.18 |
| Total PUFA | 0.23 | 0.15 | 0.16 | 0.19 | 0.200 | 0.03 | 0.19 | 0.12 | 0.14 | 0.18 | 0.173 | 0.02 | 0.09 | 0.07 | 0.08 | 0.09 | 0.474 | 0.01 |
| Total n-6 | 0.23 | 0.10 | 0.11 | 0.17 | 0.050 | 0.03 | 0.19 | 0.08 | 0.10 | 0.16 | 0.055 | 0.03 | 0.09 | 0.05 | 0.05 | 0.08 | 0.134 | 0.01 |
| Total n-3 | 0.01a | 0.05b | 0.05b | 0.02a | 0.005 | 0.01 | 0.01a | 0.04b | 0.04b | 0.02a | 0.002 | 0.00 | 0.00a | 0.02b | 0.02b | 0.01a | < 0.001 | 0.00 |
| n-6:n-3 ratio | 23.00:1.00 | 2.00:1.00 | 2.20:1.00 | 8.50:1.00 | – | – | 19.00:1.00 | 2.00:1.00 | 2.50:100 | 8.00:1.00 | – | – | 22.50:1.00 | 2.50:1.00 | 2.50:1.00 | 8.00:1.00 | – | – |