**Table S2. Changes in TPM values heated at different frying temperatures.**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Frying cycles** | | | | | | | | | |
| **TPM (%)** | **Pre** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |
| **160℃** |  |  |  |  |  |  |  |  |  |
| **Control**  Continuous  Intermittent | 8.6±0.5†  9.4±0.8† | 9.1±0.3†  10.7±1.4† | 10.6±1.2†  10.9±1.0† | 11.3±0.7†  12.1±0.7† | 13.5±1.0\*†  13.7±0.5\*† | 16.1±0.8\*  17.1±1.0\* | 18.0±1.4\*  18.2±1.0\* | 21.1±0.6\*  21.2±0.4\* | 21.2±0.6\*  21.7±0.9\* |
| **MLCT**  Continuous  Intermittent | 19.3±1.0  20.6±0.3 | 19.7±0.8  20.7±0.7 | 20.7±0.8  21.5±0.5 | 20.5±0.5  21.4±0.8 | 20.5±0.7  21.4±0.9 | 21.0±0.4  21.6±1.1 | 20.7±0.5  21.4±0.8 | 20.8±0.4  21.4±0.8 | 20.8±0.5  21.3±0.6 |
| **180℃** |  |  |  |  |  |  |  |  |  |
| **Control**  Continuous  Intermittent | 8.9±0.3†  9.0±0.2† | 9.9±0.7†  10.5±0.8† | 10.4±1.1†  11.0±0.9† | 12.0±1.4\*†  12.9±0.8\*† | 14.6±0.6\*†  15.5±1.3\*† | 17.8±1.5\*  19.1±0.9\* | 18.7±1.3\*  21.9±0.5\* | 22.6±1.6\*  23.2±0.3\* | 22.9±1.3\*  24.5±0.4\*† |
| **MLCT**  Continuous  Intermittent | 20.0±0.6  20.5±0.9 | 21.0±0.9  20.7±0.7 | 21.3±0.5  21.3±1.0 | 21.4±0.2  21.4±0.6 | 21.1±0.3  21.9±0.5 | 21.1±0.3  21.9±0.9 | 21.3±0.8  21.8±1.0 | 21.2±0.5  22.0±0.9 | 21.4±0.4  22.1±1.0 |

MLCT, medium- and long-chain triglyceride; TPM, total polar material.

\**P* <0.05 vs. initial values (Pre); †*P* <0.05 vs. MLCT.