**Table S3. Changes in TPM values and oil absorption of each cooking product.**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Frying cycles** | | | | | | | | |
|  | **Pre** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |
| **Temperature (℃)** |  |  |  |  |  |  |  |  |  |
| Control | 160.5±1.7 | 165.0±2.6 | 165.5±2.5 | 167.8±4.6 | 163.8±2.9 | 164.3±2.9 | 166.5±2.1 | 167.0±4.1 | 167.8±2.4 |
| MLCT | 161.5±2.1 | 170.3±1.7 | 169.8±1.7 | 170.8±2.6 | 169.0±4.7 | 168.5±6.2 | 169.3±4.6 | 169.3±4.3 | 167.3±7.4 |
| **TPM (%)** |  |  |  |  |  |  |  |  |  |
| Control | 9.3±1.2 | 9.7±1.2 | 11.3±1.9\* | 13.2±2.2\* | 15.9±1.4\* | 18.6±1.2\* | 19.6±1.8\* | 22.8±1.2\*† | 23.8±0.7\*† |
| MLCT | 20.9±1.0 | 20.0±1.7 | 21.1±1.1 | 21.1±1.2 | 20.1±1.5 | 20.2±0.5 | 21.5±0.9 | 20.8±0.6 | 20.9±0.4 |
| **Oil (%)** |  |  |  |  |  |  |  |  |  |
| Control |  | 5.0±0.3 | 5.3±1.1 | 5.4±1.0 | 5.3±1.0 | 5.3±0.5 | 5.2±0.5 | 5.3±1.0 | 5.2±1.0 |
| MLCT |  | 5.3±1.1 | 5.2±1.3 | 5.0±0.8 | 5.3±1.5 | 5.3±0.7 | 5.3±1.5 | 5.3±1.8 | 5.2±1.2 |

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

\**P* <0.05 vs. initial values (Pre); †*P* <0.05 vs. MLCT (only higher values are indicated).