

Supplementary Material

Table S1. Characteristics of the study population subdivided according to the completeness of the urine collection.

Parameter	Complete 24-hr Urine Collection (n=75)	Under-Collection of 24-hr Urine (n=21)	Over-collection of 24-hr Urine (n=13)
Age (years)	44.6±11.5	45.1±9.8	39.8±10.8
Gender (F:M) (%)	53:47	81:19*	38:62
Height (m)	1.71±0.09	1.65±0.10*	1.73±0.08
Weight (kg)	76.1±15.1	82.1±21.3	73.9±14.1
BMI (kg/m ²)	25.9±3.8	30.1±6.2*	24.5±3.5
Systolic BP (mm Hg)	133±14	134±15	131±15
Diastolic BP (mm Hg)	85±11	86±12	81±8
Serum Cr (mmol/L)	91 (70-123)	88 (61-105)	88 (78-104)
eGFR (mL/min/1.73m ²)	75 (53-105)	80 (55-109)	89 (75-97)
24-hr urine Na (mmol/day)	132 (112-172)	99 (86-151)	183 (128-261)*
24-hr urine Cr (mmol/day)	13.1±3.4	9.1±2.9*	17.7±3.4*

Abbreviations: Na, sodium; BMI, body mass index; BP, blood pressure; Cr, creatinine; eGFR, estimated glomerular filtration calculated using the Chronic Kidney Disease Epidemiology Collaboration equation. Data expressed as mean±SD with exception of serum Cr, eGFR and 24-hr urine Na which are presented as median with inter-quartile range; **p* < 0.05 compared to the Complete Urine Collection group.

Table S2. Median absolute values of each of the nine sodium-rich food types from the SSQ.

Sodium-Rich Food Groups	SSQ Score by Food Type (All) n=75	SSQ Score by Food Type (SSQ<74) n=34	SSQ Score by Food Type (SSQ≥74) n=41	P
1. Breads	15 (15-15)	15 (0-15)	15 (15-15)*	0.01
2. Spreads	4.5 (2-7)	4 (0.38-6)	5.5 (4-7.3)*	0.01
3. Cereals, biscuits and baking	6 (4-8)	5.8 (4-8.3)	6.5 (5-8)	0.39
4. Cheeses and Savory Snacks	7 (5-8.5)	5 (4-7.6)	8 (6-9.5)*	<0.01
5. Tinned and packet foods	2 (0.5-4)	1.25 (0-3)	3 (1-4.5)*	0.03
6. Processed meats and seafood	12 (2-20)	6.5 (1.5-12.3)	20 (10-22)*	<0.01
7. Flavorings added in cooking	15 (7-21)	7.5 (1.8-12.8)	21 (14.5-25)*	<0.01
8. Flavorings added at the table	7 (3.5-10)	4.5 (2.9-7)	9 (6-13.8)*	<0.01
9. Pre-prepared meals and drinks	5 (2-6)	3.8 (1.6-5)	5 (4-7.8)*	<0.01
Total SSQ Score	77 (58-90)	55.8 (42-67)	89 (81-94.8)*	<0.01

Abbreviations: SSQ, scored salt questionnaire; Data expressed as median values with interquartile ranges in brackets; P value comparing SSQ≥74 vs. SSQ<74 and asterisks denotes *p* < 0.05.

Table S3. Median relative percentages of each of the nine sodium-rich food types from the SSQ.

Sodium-Rich Food Groups	Percentage Contribution (All) <i>n</i>=75	Percentage Contribution (SSQ<74) <i>n</i>=34	Percentage Contribution (SSQ≥74) <i>n</i>=41	<i>P</i>
1. Breads	19.0 (15.3-25.4)	22.4 (0-32.1)	17.4 (15.9-19.5)*	0.03
2. Spreads	6.3 (4.0-8.5)	6.5 (2.2-10.1)	6.3 (4.2-7.4)	0.44
3. Cereals, biscuits and baking	8.2 (6.1-12.7)	11.6 (7.2-15.8)	7.4 (6-9.1)*	<0.01
4. Cheeses and Savory Snacks	9.1 (7.1-12.2)	11.8 (7.3-15.2)	8.7 (7.0-10.3)*	<0.05
5. Tinned and packet foods	3.4 (0.9-5.4)	3.2 (0-6.9)	3.5 (1.3-4.9)	0.86
6. Processed meats and seafood	17.0 (4.9-25.5)	12.0 (2.1-21.2)	20.4 (12.9-25.7)*	0.02
7. Flavorings added in cooking	19.5 (9.9-26.7)	12.2 (3.6-20.6)	22.3 (15.5-27.3)*	<0.01
8. Flavorings added at the table	9.4 (6-14.6)	8.9 (4.2-14.6)	9.4 (6.7-14.4)	0.39
9. Pre-prepared meals and drinks	6.2 (3.6-8.5)	6.4 (2.4-8.6)	5.8 (4.8-8.3)	0.98

Abbreviations: SSQ, scored salt questionnaire; Data expressed as median values with interquartile ranges in brackets; P value comparing SSQ≥74 vs. SSQ<74 and asterisks denotes $p < 0.05$.