

Online Supplemental Tables

This is the information on the foods/beverages consumed by the six individuals achieving <2300 mg sodium (among those who are recommended to consume less than 2300 mg of sodium) and \geq 4700 mg of potassium from NHANES 2003-2008.

Person	Recall Day	Food description	Grams	Calories	Sodium (mg)	Potassium (mg)
1	1	Peanuts, not further specified (NFS)	37	219	117	265
1	1	Papaya, dried	69	178	14	1174
1	1	Milk, cow's, fluid, 2% fat	336	168	138	503
1	1	Soft drink, cola-type, sugar-free	355	7	28	28
1	1	Lettuce, raw (include lettuce, NFS)	110	15	11	155
1	1	Tomatoes, raw	90	16	5	213
1	1	Olive oil	14	119	0	0
1	1	Oysters, canned	41	30	49	101
1	1	Bread, multigrain	64	161	312	131
1	1	Hard candy	198	780	75	10
1	1	Papaya, dried	69	178	14	1174
1	1	Wine, table, dry (including Burgundy, Claret, Rhine)	207	173	10	204
1	1	Peanuts, NFS	292	1749	934	2120
1	2	Milk, cow's, fluid, 2% fat	442	221	181	663
1	2	Yogurt, plain, lowfat milk	227	143	159	531
1	2	Chewing gum, NFS	6	14	0	0
1	2	Peanuts, roasted, w/o salt	102	593	6	696
1	2	Papaya, dried	68	176	14	1157
1	2	Chewing gum, NFS	6	14	0	0
1	2	Tomatoes, raw	123	22	6	292
1	2	Lettuce, raw (include lettuce, NFS)	72	10	7	102
1	2	Carrots, raw	7	3	5	22
1	2	Onions, mature, raw (include red onions, NFS)	10	4	0	14
1	2	Croutons	5	23	62	9
1	2	Wine, table, dry (including Burgundy, Claret, Rhine)	207	173	10	204
1	2	Beef steak, broiled or baked, lean only	34	63	127	114
1	2	Salsa, red, cooked, not homemade (including taco, creole, picante sauces)	16	4	96	48
1	2	Hard candy	18	71	7	1

Person	Recall Day	Food description	Grams	Calories	Sodium (mg)	Potassium (mg)
2	1	Milk, cow's, fluid, 2% fat	885	442	363	1327
2	1	Fruit juice drink, w/ vitamin b1, vitamin c + calcium	551	292	298	458
2	1	Tea, leaf, unsweetened	252	3	8	93
2	1	Sugar, white, granulated or lump	13	49	0	0
2	1	Pineapple, raw	310	155	3	338
2	1	Milk, cow's, fluid, 2% fat	885	442	363	1327
2	1	Beef steak, broiled or baked, lean & fat	268	636	565	804
2	1	Fruit juice, NFS (include mixed fruit juices)	188	87	5	290
2	1	Pineapple, raw	310	155	3	338
2	1	Milk, cow's, fluid, 2% fat	885	442	363	1327
2	2	Milk, cow's, fluid, 2% fat	336	168	138	503
2	2	Chocolate devil's food cake w/fudge and icing, homemade	117	436	326	165
2	2	Beef steak, broiled or baked, lean only	201	367	439	702
2	2	Lettuce, raw (include lettuce, NFS)	55	8	6	78
2	2	Tomatoes, raw	180	32	9	427
2	2	Beef steak, broiled or baked, lean only	201	367	439	702
2	2	Lettuce, raw (include lettuce, NFS)	41	6	4	58
2	2	Tomatoes, raw	17	3	1	40
2	2	Orange breakfast drink, calcium fortified	646	342	349	536
2	2	Pineapple, raw	84	42	1	92
2	2	Watermelon, raw	48	14	0	54
2	2	Grapes, raw, ns as to type	50	35	1	96
2	2	Pineapple, raw	84	42	1	92
2	2	Watermelon, raw	160	48	2	179
2	2	Grapes, raw, ns as to type	15	10	0	29
2	2	Pineapple, raw	84	42	1	92
2	2	Watermelon, raw	96	29	1	108
2	2	Grapes, raw, ns as to type	15	10	0	29
2	2	Pineapple, raw	21	11	0	23
2	2	Watermelon, raw	286	86	3	320
2	2	Grapes, raw, ns as to type	76	52	2	145
2	2	Beef steak, broiled or baked, lean only	101	184	219	351
2	2	Tea, herbal (include sassafras, licorice)	518	5	5	47

Person	Recall Day	Food description	Grams	Calories	Sodium (mg)	Potassium (mg)
3	1	Coffee, made from ground, regular	1421	14	28	696
3	1	Cream substitute, powdered	16	85	28	127
3	1	Sugar, white, granulated or lump	50	195	0	1
3	1	Ice cream, regular, not chocolate	133	267	106	265
3	1	Chocolate devil's food cake w/fudge and icing, homemade	245	912	683	345
3	1	Beef & veg (w/ carrots/dark green, no potato), no sauce	91	126	152	222
3	1	Beef w/ sweet & sour sauce (mixture)	142	174	485	199
3	1	Rice, brown, cooked, regular, ns fat added	146	161	7	62
3	1	Fruit flavored drink, made from powdered mix	547	192	41	3
3	1	Ice cream cone, no topping, not chocolate	78	166	65	151
3	1	Chocolate devil's food cake w/fudge and icing, homemade	245	912	683	345
3	1	Beef steak, broiled or baked, lean only	223	408	127	779
3	1	Corn, yellow, cooked, from fresh, fat added	103	128	17	212
3	1	Brussels sprouts, cooked, from frozen, fat added	176	108	56	494
3	1	Orange juice, frozen (reconstituted with water)	1992	904	74	3832
3	1	Ice cream cone, no topping, not chocolate	143	305	120	277
3	2	Coffee, made from ground, regular	533	5	11	261
3	2	Cream substitute, powdered	12	64	21	95
3	2	Sugar, white, granulated or lump	25	98	0	1
3	2	Water, tap	1184	0	47	0
3	2	Cookie, fig bar	64	223	224	132
3	2	Banana, raw	118	105	1	422
3	2	Brussels sprouts, cooked, ns as to form, fat added	176	99	67	494
3	2	Rice, white, cooked, regular, no fat add in cooking	285	367	3	99
3	2	Margarine-like spread, fat free, tub, salted	5	2	29	2
3	2	Pork chop, broiled or baked, lean only	258	537	165	1121
3	2	Cookie, fig bar	32	111	112	66

Person	Recall Day	Food description	Grams	Calories	Sodium (mg)	Potassium (mg)
4	1	Cantaloupe (muskmelon), raw (include melon, NFS)	205	70	33	547
4	1	Cocoa-flavored beverage powder w/ sugar, dry mix	59	236	106	274
4	1	Roll, sweet, no topping, Mexican (pan dulce)	56	173	85	44
4	1	Rice w/ vegetables, tomato-based sauce (mixture)	333	343	666	417
4	1	Chicken or turkey w/ cream sauce (mixture)	211	361	274	371
4	1	Soft drink, fruit-flavored, caffeine free	370	148	33	4
4	1	Water, tap	593	0	24	0
4	1	Blueberries, raw	130	74	1	100
4	1	Pizza, cheese, thin crust	81	246	471	142
4	1	Pizza w/ pepperoni, thin crust	83	266	563	153
4	1	Mango nectar	453	231	23	109
4	1	Milk, cow's, fluid, 2% fat	320	160	151	448
4	1	Roll, sweet, no topping, Mexican (pan dulce)	56	173	85	44
4	1	Banana, raw	118	105	1	422
4	1	Fruit salad (no citrus) w/ cream	119	104	4	213
4	1	Fruit salad (no citrus) w/ marshmallows	112	121	18	176
4	2	Banana, raw	236	210	2	845
4	2	Bread, wheat or cracked wheat	52	138	271	96
4	2	Jam preserves, marmalades, sweet w/ fruit juice concentrate	40	73	10	200
4	2	Orange juice, w/ calcium, can/bottle/carton, unsweetened	450	211	9	800
4	2	Egg omelet or scrambled egg, w/ ham or bacon	158	325	840	315
4	2	Pinto, calico/red/Mexican bean, dry, cooked, no fat	87	99	96	299
4	2	Orange juice, w/ calcium, can/bottle/carton, unsweetened	450	211	9	800
4	2	Tortilla, corn	72	157	32	134
4	2	Pinto, calico/red/Mexican bean, dry, cooked, no fat	130	149	144	448
4	2	Queso fresco (Hispanic-style farmer cheese)	34	49	44	44
4	2	Beef steak, fried, lean & fat	134	381	295	505
4	2	Soft drink, fruit-flavored, caffeine free	370	148	33	4
4	2	Tortilla, corn	72	157	32	134
4	2	Water, tap	311	0	12	0
4	2	Milk, cow's, fluid, 2% fat	442	221	208	619
4	2	Banana, raw	236	210	2	845

Person	Recall Day	Food description	Grams	Calories	Sodium (mg)	Potassium (mg)
5	1	Coffee, decaffeinated, made from ground	252	0	5	136
5	1	Sugar substitute, saccharin-based, dry powder and tablets	1	4	4	0
5	1	Cream substitute, light, liquid	45	31	27	80
5	1	Yogurt, fruited, nonfat milk, low cal sweetener	181	92	105	413
5	1	Chicken/turkey loaf, prepack/deli, luncheon meat	56	84	310	140
5	1	Bread, wheat or cracked wheat	52	135	276	105
5	1	Lettuce, raw (include lettuce, NFS)	16	2	2	23
5	1	Soft drink, cola-type, sugar-free	355	7	28	28
5	1	White potato, roasted, fat added	58	86	31	278
5	1	Carrots, cooked, from fresh, fat added	73	41	137	166
5	1	Squash, summer, cooked, from fresh, fat added	84	33	118	157
5	1	Cabbage, green, cooked, fat added	70	31	105	66
5	1	Beef stew w/ potatoes, gravy	252	252	260	708
5	1	Soft drink, cola-type, sugar-free	355	7	28	28
5	1	Cracker, ns as to sweet/non-sweet (NFS)	15	75	127	20
5	1	Tortilla, whole wheat	31	80	148	73
5	1	Jicama, raw (include yambean)	195	74	8	293
5	1	Milk, cow's, fluid, 2% fat	488	244	200	732
5	1	Special k cereal	23	88	168	46
5	1	Strawberries, raw	36	12	0	55
5	1	Milk, cow's, fluid, 2% fat	153	76	63	229
5	1	Cake, white, w/ icing, homemade	67	254	189	35
5	2	Milk, cow's, fluid, 2% fat	320	160	131	480
5	2	Beef steak, fried, lean only	201	462	472	981
5	2	Pinto, calico/red/Mexican bean, dry, cooked, no fat	87	99	95	299
5	2	Bread, wheat or cracked wheat, toasted	24	68	138	52
5	2	Margarine-like spread, reduced calories,40% fat, made w/ yogurt, tub	10	33	93	2
5	2	Soft drink, cola-type, sugar-free	355	7	28	28
5	2	Wine, table, dry (incl Burgundy, Claret, Rhine)	148	124	7	146
5	2	Flauta w/ beef	452	1351	626	1200
5	2	Sour cream, fat free	85	63	120	110
5	2	Avocado, raw	201	322	14	975
5	2	Lettuce, raw (include lettuce, NFS)	182	26	18	257
5	2	Tomatoes, raw	123	22	6	292
5	2	Soft drink, cola-type, sugar-free	355	7	28	28
5	2	Milk, cow's, fluid, 2% fat	442	221	181	663
5	2	Yogurt, vanilla, lemon, coffee, nonfat milk, low cal sweet	245	105	145	434
5	2	Grapes, raw, ns as to type	75	52	2	143

Person	Recall Day	Food description	Grams	Calories	Sodium (mg)	Potassium (mg)
6	1	Protein supplement, powdered	23	86	152	88
6	1	Water as an ingredient	237	0	9	0
6	1	Banana, raw	118	105	1	422
6	1	Eggs, whole, boiled	130	201	161	163
6	1	Salmon, baked or broiled	34	50	29	139
6	1	Orange, raw	131	62	0	237
6	1	Tea, leaf, unsweetened	1776	18	53	657
6	1	Pumpkin & squash seeds, hulled, roasted, no salt	14	74	3	114
6	1	Fig, dried, uncooked	19	47	2	129
6	1	Banana, raw	101	90	1	362
6	1	Rice, brown, cooked, regular, fat added in cooking	74	94	4	31
6	1	Haddock, baked or broiled	34	46	27	126
6	1	Beets, cooked, from fresh, fat not added	170	74	131	516
6	1	Broccoli, cooked, from fresh, no fat added	156	54	64	454
6	1	Cantaloupe (muskmelon), raw (include melon, NFS)	205	70	33	547
6	1	Strawberries, raw	126	40	1	193
6	1	Water, bottled, unsweetened	710	0	14	0
6	1	Banana, raw	118	105	1	422
6	1	Apple, raw	138	72	1	148
6	1	Almond butter	48	304	216	364
6	1	Olives, black	20	21	179	2
6	1	Protein supplement, powdered	23	86	152	88
6	1	Water as an ingredient	237	0	9	0
6	1	Blueberries, raw	148	84	1	114
6	2	Protein supplement, powdered	23	86	152	88
6	2	Water as an ingredient	237	0	9	0
6	2	Banana, raw	118	105	1	422
6	2	Eggs, whole, boiled	130	201	161	163
6	2	Salmon, smoked (include lox)	57	66	445	99
6	2	Orange, raw	131	62	0	237
6	2	Tea, leaf, unsweetened	1006	10	30	372
6	2	Pumpkin & squash seeds, hulled, roasted, salted	7	37	41	57
6	2	Fig, dried, uncooked	19	47	2	129
6	2	Banana, raw	118	105	1	422
6	2	Water, bottled, unsweetened	1402	0	28	0
6	2	Tuna, fresh, baked or broiled	21	33	17	111
6	2	Squash, winter, baked, no fat or sugar added	103	38	1	246
6	2	Bean salad, yellow &/or green string beans	75	57	298	126

6	2	Rice, brown, cooked, regular, fat added in cooking	98	125	5	41
6	2	Banana, raw	118	105	1	422

Person	Recall Day	Food description	Grams	Calories	Sodium (mg)	Potassium (mg)
6	2	Almond butter	32	203	144	243
6	2	Apple, raw	138	72	1	148
6	2	Fig, dried, uncooked	19	47	2	129
6	2	Protein supplement, powdered	23	86	152	88
6	2	Water as an ingredient	237	0	9	0
6	2	Banana, raw	118	105	1	422
6	2	Raspberries, red, raw	123	64	1	186