

1 **Supplemental Table 1.** Mean (SE) and selected percentiles (SE) of usual daily intake of sodium (mg): United States, National Health  
 2 and Nutrition Examination Survey 1988-1994 and 2003-2008<sup>1</sup>

Sex/age category	Years	N <sup>2</sup>	25 <sup>th</sup>	50 <sup>th</sup>	75 <sup>th</sup>	Mean	Mean difference <sup>3</sup>	P-value <sup>4</sup>
Males 19-30 y	1988-94	1902	4323 (548)	4717 (132)	5137 (433)	4746 (88)		
Males 19-30 y	2003-08	1615	3601 (87)	4359 (102)	5191 (117)	4464 (83)	-282	0.01
Males 31-50 y	1988-94	2533	3452 (95)	4271 (72)	5220 (108)	4418 (68)		
Males 31-50 y	2003-08	2329	3580 (42)	4317 (51)	5156 (69)	4432 (55)	14	0.44
Males 51-70 y	1988-94	1942	3079 (120)	3672 (72)	4359 (104)	3781 (73)		
Males 51-70 y	2003-08	2084	3005 (56)	3664 (64)	4414 (75)	3766 (64)	-15	0.44
Males 71+ y	1988-94	1255	2496 (70)	3103 (59)	3793 (103)	3198 (63)		
Males 71+ y	2003-08	1273	2443 (47)	2941 (53)	3510 (62)	3021 (54)	-177	0.02
Females 19-30 y	1988-94	1901	2721 (188)	3107 (84)	3538 (123)	3159 (66)		
Females 19-30 y	2003-08	1320	2527 (54)	3041 (63)	3618 (74)	3113 (64)	-46	0.31
Females 31-50 y	1988-94	2939	2425 (73)	2946 (56)	3540 (57)	3032 (50)		
Females 31-50 y	2003-08	2223	2432 (37)	2960 (42)	3570 (55)	3056 (46)	24	0.36
Females 51-70 y	1988-94	2065	2062 (50)	2535 (35)	3071 (41)	2613 (33)		
Females 51-70 y	2003-08	2093	2267 (26)	2737 (31)	3275 (42)	2815 (34)	202	<0.01
Females 71+ y	1988-94	1368	1794 (64)	2294 (53)	2863 (72)	2395 (54)		
Females 71+ y	2003-08	1271	1979 (29)	2348 (35)	2768 (43)	2405 (35)	10	0.44

3 <sup>1</sup>Data for 1988-1994 are reprinted from Appendix D, Table D-8, p. 510, Institute of Medicine, Dietary Reference Intakes, 2005.<sup>4</sup> For  
 4 both surveys, data were adjusted using the Iowa State University Software for Intake Distribution Estimation. In addition, standard  
 5 errors were estimated using jackknife replication(SIDE). In 1988-1994 C-SIDE was used and in 2003-2008 PC-SIDE was used. For  
 6 2003-2008, data were adjusted interview method (1<sup>st</sup> or 2<sup>nd</sup> 24-hour dietary recall) and the day of the week. In both surveys, data are  
 7 limited to individuals who provided a complete reliable dietary recall on Day 1. In addition, women who were pregnant or lactating or  
 8 missing information on pregnant and lactating status were excluded from analysis.

9 <sup>2</sup>unweighted sample size for sex/age category.

10 <sup>3</sup>Difference in mean sodium intake (mean sodium intake in 2003-2008 – mean sodium intake in 1988-1994).

11 <sup>4</sup>P-value for difference in mean sodium intake based on Z-test.

12 **Supplemental Table 2.** Mean (SE) and selected percentiles (SE) of usual daily intake of potassium (mg): United States, National  
 13 Health and Nutrition Examination Survey 1988-1994 and 2003-2008<sup>1</sup>

Sex/age category	Years	N <sup>2</sup>	25 <sup>th</sup>	50 <sup>th</sup>	75 <sup>th</sup>	Mean	Mean difference <sup>3</sup>	P-value <sup>4</sup>
Males 19-30 y	1988-94	1902	3000 (168)	3343 (60)	3714 (148)	3374 (56)		
Males 19-30 y	2003-08	1615	2388 (48)	2908 (50)	3505 (62)	2992 (51)	-382	<0.01
Males 31-50 y	1988-94	2533	2697 (72)	3321 (48)	4037 (54)	3432 (43)		
Males 31-50 y	2003-08	2329	2635 (35)	3179 (39)	3792 (49)	3257 (41)	-175	<0.01
Males 51-70 y	1988-94	1942	2547 (51)	3190 (54)	3938 (79)	3314 (55)		
Males 51-70 y	2003-08	2084	2469 (42)	2933 (44)	3594 (48)	3082 (43)	-232	<0.01
Males 71+ y	1988-94	1255	2321 (69)	2836 (44)	3423 (54)	2918 (45)		
Males 71+ y	2003-08	1273	2216 (40)	2700 (47)	3240 (57)	2764 (49)	-154	0.01
Females 19-30 y	1988-94	1901	1921 (86)	2208 (33)	2518 (72)	2233 (31)		
Females 19-30 y	2003-08	1320	1693 (38)	2058 (43)	2478 (53)	2118 (44)	-115	0.02
Females 31-50 y	1988-94	2939	2009 (57)	2429 (41)	2898 (54)	2489 (39)		
Females 31-50 y	2003-08	2223	1895 (28)	2321 (33)	2799 (40)	2380 (33)	-109	0.02
Females 51-70 y	1988-94	2065	2000 (37)	2435 (31)	2932 (41)	2506 (30)		
Females 51-70 y	2003-08	2093	1922 (43)	2366 (46)	2858 (70)	2419 (45)	-87	0.05
Females 71+ y	1988-94	1368	1873 (45)	2343 (41)	2873 (54)	2407 (42)		
Females 71+ y	2003-08	1271	1780 (62)	2174 (41)	2619 (54)	2234 (31)	-173	<0.01

14 <sup>1</sup>Data for 1988-1994 are reprinted from Appendix D, Table D-5, p. 504, Institute of Medicine, Dietary Reference Intakes, 2005.<sup>4</sup> For  
 15 both surveys, data were adjusted for within-individual day-to-day variation in intake using the Iowa State University Software for  
 16 Intake Distribution Estimation (SIDE). In 1988-1994 C-SIDE was used and in 2003-2008 PC-SIDE was used. Standard errors were  
 17 estimated using jackknife replication. For 2003-2008, data were adjusted for interview method (1<sup>st</sup> or 2<sup>nd</sup> 24-hour dietary recall) and  
 18 the day of the week. In both surveys, data are limited to individuals who provided a complete reliable dietary recall on Day 1. In  
 19 addition, women who were pregnant or lactating or missing information on pregnant and lactating status were excluded from analyses.

20 <sup>2</sup>unweighted sample size for sex/age category.

21 <sup>3</sup>Difference in mean potassium intake (mean potassium intake in 2003-2008 – mean potassium intake in 1988-1994).

22 <sup>4</sup>P-value for difference in mean potassium intake based on Z-test.

