

Supplemental Table 1: Population proportions of sodium consumed,¹ by selected food categories among US infants aged 0-5.9 months — What We Eat in America (WWEIA), National Health and Nutrition Examination Survey, United States, 2003–2006 and 2007-2010

Rank	NHANES 2003-2006		NHANES 2007-2010	
	Food category	% (SE)	Food category	% (SE)
1	Formula ²	70.4 (3.7)	Formula ²	72.8 (2.7)
2	Human milk	24.6 (3.6)	Human milk	21.4 (2.4)
3	Commercial baby foods ³	2.5 (0.4)	Commercial baby foods ³	1.9 (0.3)
4	Fluid replacement/electrolyte	0.5 (0.2) ⁴	Fluid replacement/electrolyte	1.8 (1.2) ⁴
	Mean daily sodium (SE) mg	191 (5)**	Mean daily sodium (SE) mg	551 (49)**
	Mean daily energy (SE) Kcal	658 (10)**	Mean daily energy (SE) Kcal	887 (21)**
	Mean sodium density (mg/1,000 Kcal)	288 (7)**	Mean sodium density (mg/1,000 Kcal)	314 (7)**
	Unweighted sample size	406	Unweighted sample size	486

Abbreviation: SE: standard error

¹The population proportion (%) of sodium consumed is defined as the sum of the amount of sodium consumed from each specific food category for all participants in the age group divided by the sum of sodium consumed from all food categories for all participants in the age group multiplied by 100. Standard errors of the estimates are in parentheses.

² Formula includes formula prepared from concentrate, prepared from powder, and ready-to-eat

³ Commercial baby foods include cereal, fruits and vegetables, meat and dinners, snacks and desserts, yogurt and juice

⁴ Data are statistically unreliable; relative standard error $\geq 40\%$

** Mean daily energy intake was statistically significant between NHANES 2003-2006 and 2007-2010 ($p=0.0015$ using T-test)

Mean daily sodium density was statistically significant between NHANES 2003-2006 and 2007-2010 ($p=0.007$ using T-test)

The top contributors and the population proportions of sodium consumed by top 10 food categories did not differ significantly between 2003-2006 and 2007-2010 ($p=0.3-0.6$ using T-test)

Supplemental Table 2: Population proportions of sodium consumed,¹ by selected food categories among US infants aged 6-11.9 months — What We Eat in America (WWEIA), National Health and Nutrition Examination Survey, United States, 2003–2006 and 2007-2010

Rank	NHANES 2003-2006		NHANES 2007-2010	
	Food category	% (SE)	Food category	% (SE)
1	Formula ²	24.5 (2.7)	Formula ²	29.0 (2.2)
2	Commercial baby foods ³	9.5 (1.3)	Commercial baby foods ³	8.0 (0.9)
3	Soups	6.2 (1.2)	Soups	6.0 (1.2)
4	Frankfurters and sausages	5.2 (3.3) ⁴	Pasta mixed dishes ⁵	4.7 (1.5) ⁴
5	Macaroni and cheese	4.8 (1.0)	Milk ⁶	4.4 (0.9)
6	Human milk	4.0 (0.6)	Human milk	3.7 (0.7)
7	Pasta mixed dishes ⁵	3.3 (0.9)	Cheese ⁷	2.7 (0.9) ⁴
8	Breads and rolls ⁸	2.9 (0.6)	Eggs and omelets	2.6 (0.7)
9	Crackers ⁹	2.9 (0.5)	Meat mixed dishes	2.4 (1.1) ⁴
10	Beans, peas, legumes ¹⁰	2.9 (2.0) ⁴	Breads and rolls ⁸	2.4 (0.6)
	Mean daily sodium (SE) mg	551 (49)	Mean daily sodium (SE) mg	487 (27)
	Mean daily energy (SE) Kcal	887 (21)	Mean daily energy (SE) Kcal	837 (16)
	Mean sodium density (mg/1,000 Kcal)	560 (28)	Mean sodium density (mg/1,000 Kcal)	545 (25)
	Unweighted sample size	486	Unweighted sample size	428

Abbreviation: SE: standard error

¹ The population proportion (%) of sodium consumed is defined as the sum of the amount of sodium consumed from each specific food category for all participants in the age group divided by the sum of sodium consumed from all food categories for all participants in the age group multiplied by 100. Standard errors (SE) of the estimates are in parentheses.

² Formula includes formula prepared from concentrate, prepared from powder, and ready-to-eat

³ Commercial baby foods include cereal, fruits and vegetables, meat and dinners, snacks and desserts, yogurt and juice

⁴Data are statistically unreliable; relative standard error \geq 30%.

⁵ Pasta mixed dishes category does not include macaroni and cheese, which is its own category

⁶ Milk includes unflavored low fat, nonfat, reduced fat and whole milk ⁷Natural and processed cheese ⁸Yeast breads, rolls and buns

⁹Crackers include saltines

¹⁰ Includes dry or cooked beans, green/split peas and legumes mixed dishes (e.g. refried beans, hummus, chili with beans)

Mean sodium and energy intake and mean sodium density did not differ significantly between 2003-2006 and 2007-2010 ($p=0.06-0.6$). Some of the top contributors differed (e.g. macaroni and cheese ($p=0.001$) and crackers ($p=0.11$) in 2003-2006 and milk ($p=0.14$) and cheese ($p=0.16$) in 2007-2010) but the population proportions of sodium consumed by top 10 food categories did not differ significantly between 2003-2006 and 2007-2010 ($p=0.001-0.9$ using T-test)

Supplemental Table 3: Population proportions of sodium consumed,¹ by selected food categories among US toddlers aged 12-23.9 months — What We Eat in America (WWEIA), National Health and Nutrition Examination Survey, United States, 2003–2006 and 2007-2010

Rank	NHANES 2003-2006		NHANES 2007-2010	
	Food category	% (SE)	Food category	% (SE)
1	Milk ²	11.2 (0.6)	Milk ²	13.5 (0.6)
2	Soups	5.8 (1.7)	Pasta mixed dishes ³	5.4 (0.6)
3	Cheese ⁴	5.5 (0.5)	Soups	4.9 (0.6)
4	Breads and rolls ⁵	5.0 (0.5)	Cheese ⁴	4.9 (0.8)
5	Pasta mixed dishes ³	4.8 (0.6)	Frankfurters and sausages	4.8 (1.0)
6	Frankfurters and sausages	4.4 (0.6)	Chicken patties, nuggets/tenders	4.4 (0.8)
7	Eggs and omelets	4.3 (0.7)	Breads and rolls ⁵	3.9 (0.4)
8	Macaroni and cheese	3.5 (0.7)	Macaroni and cheese	3.7 (0.7)
9	Crackers ⁶	3.2 (0.3)	Eggs and omelets	3.5 (0.6)
10	Ready-to-eat cereals ⁷	3.1 (0.3)	Crackers ⁶	3.1 (0.2)
	Mean daily sodium (SE) mg	1768 (49)	Mean daily sodium (SE) mg	1645 (54)
	Mean daily energy (SE) Kcal	1309 (30)	Mean daily energy (SE) Kcal	1224 (32)
	Mean sodium density (mg/1,000 Kcal)	1354 (36)	Mean sodium density (mg/1,000 Kcal)	1328 (19)
	Unweighted sample size	628	Unweighted sample size	591

Abbreviation: SE: standard error

¹ The population proportion (%) of sodium consumed is defined as the sum of the amount of sodium consumed from each specific food category for all participants in the age group divided by the sum of sodium consumed from all food categories for all participants in the age group multiplied by 100. Standard errors of the estimates are in parentheses.

² Milk includes unflavored low fat, nonfat, reduced fat and whole milk

³Pasta mixed dishes category does not include macaroni and cheese, which is its own category

⁴Natural and processed cheese ⁵Yeast breads, rolls and buns ⁶ Crackers include saltines

⁷ Ready-to-eat cereals include lower sugar ($\leq 21.2\text{g}/100\text{g}$) and higher sugar ($>21.2\text{g}/100\text{g}$)

Mean sodium and energy intake and mean sodium density did not differ significantly between 2003-2006 and 2007-2010 ($p=0.06-0.5$ using T-test). Some of the top contributors differed (e.g. ready-to-eat cereals in 2003-2006 and chicken patties, nuggets/tenders in 2007-2010) but the population proportions of sodium consumed by top 10 food categories did not differ significantly between 2003-2006 and 2007-2010 ($p=0.06-0.83$ using T-test).