

# **Online Appendix: Supplemental Material**

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**Supplement Table S1. Nutrient targets of the two diets used in DASH-Sodium based on a target energy consumption of 2100 kcal/day.(4)**

Nutrient	Control diet	DASH diet
Total fat, % energy	36	26
Saturated fatty acids, % energy	15	5
Monounsaturated fatty acids, % energy	13	13
Polyunsaturated fatty acid, % energy	8	8
Protein, % energy	15	18
Carbohydrate, % energy	49	56
Cholesterol, mg	300	150
Fiber, g	11	32
Potassium, mg	1,700	4,700
Magnesium, mg	160	500
Calcium, mg	450	1,250
Higher sodium, mg	1,150	1,150
Intermediate sodium, mg	2,300	2,300
Lower sodium, mg	3,450	3,450

**Supplement Table S2. Effect of DASH diet with low sodium versus control diet with high sodium on systolic blood pressure.**

<b>Low Sodium-DASH versus High Sodium-Control</b>					
<b>Baseline SBP</b>	<b>N*</b>	<b>Mean Difference in SBP (95% CI)**</b>	<b>P within strata</b>	<b>P versus &lt;130 mm Hg stratum</b>	<b>P trend***</b>
<130 mm Hg	143	-5.30 (-7.66,-2.94)	<0.001	<i>Ref</i>	<0.001
130-139 mm Hg	128	-7.48 (-10.11,-4.84)	<0.001	0.28	
140-149 mm Hg	100	-9.70 (-13.34,-6.06)	<0.001	0.07	
≥150 mm Hg	24	-20.79 (-30.88,-10.69)	0.001	<0.001	

\*Numbers do not entirely add to 412 due to missing measurements.

\*\*Adjusted for age, female sex, black race, and baseline body mass index

\*\*\*Based on median value in each baseline systolic blood pressure category.

**Supplement Table S3. Effect of low versus high sodium on diastolic blood pressure in the context of control and DASH diets.**

		Reducing Sodium (Low versus High)			
Baseline DBP	N*	Mean Difference in DBP (95% CI)**	<i>P</i> within strata	<i>P</i> versus <80 mm Hg stratum	<i>P</i> trend***
<b>In Control Diet</b>					
<80 mm Hg	13	-3.47 (-7.67, 0.72)	0.11	<i>Ref</i>	0.03
80-84 mm Hg	78	-2.36 (-3.43,-1.30)	<0.001	0.61	
85-89 mm Hg	72	-3.12 (-4.37,-1.88)	<0.001	0.87	
≥90 mm Hg	41	-5.65 (-7.47,-3.84)	<0.001	0.34	
<b>In DASH Diet</b>					
<80 mm Hg	21	-1.12 (-2.91, 0.67)	0.22	<i>Ref</i>	0.01
80-84 mm Hg	87	-0.65 (-1.54, 0.23)	0.15	0.64	
85-89 mm Hg	54	-2.22 (-3.73,-0.70)	0.004	0.36	
≥90 mm Hg	46	-2.68 (-3.98,-1.39)	<0.001	0.16	

\*Numbers do not entirely add to 204 for control or 208 for DASH due to missing measurements.

\*\*Adjusted for age, female sex, black race, and baseline body mass index

\*\*\*Based on median value in each baseline diastolic blood pressure category.

**Supplement Table S4. Effect of DASH versus control diets on diastolic blood pressure according to baseline diastolic blood pressure**

Baseline DBP	N*	DASH versus Control			
		Mean Difference in DBP (95% CI)**	<i>P within strata</i>	<i>P versus &lt;80 mm Hg stratum</i>	<i>P trend***</i>
<b>At High Sodium Level</b>					
<80 mm Hg	33	-2.76 (-6.63, 1.12)	0.18	<i>Ref</i>	0.25
80-84 mm Hg	157	-1.36 (-2.92, 0.19)	0.09	0.43	
85-89 mm Hg	124	-1.71 (-3.64, 0.22)	0.09	0.49	
≥90 mm Hg	83	-4.84 (-7.25,-2.43)	<0.001	0.31	
<b>At Low Sodium Level</b>					
<80 mm Hg	33	-0.74 (-3.28, 1.81)	0.58	<i>Ref</i>	0.43
80-84 mm Hg	159	0.47 (-1.10, 2.04)	0.56	0.57	
85-89 mm Hg	123	-0.65 (-2.48, 1.17)	0.48	0.90	
≥90 mm Hg	79	-1.87 (-4.20, 0.46)	0.12	0.45	

\*Numbers do not entirely add to 412 due to missing measurements.

\*\*Adjusted for age, female sex, black race, and baseline body mass index

\*\*\*Based on median value in each baseline diastolic blood pressure category.

**Supplement Table S5. Effect of DASH diet with low sodium versus control diet with high sodium on diastolic blood pressure.**

<b>Low Sodium-DASH versus High Sodium-Control</b>					
<b>Baseline DBP</b>	<b>N*</b>	<b>Mean Difference in DBP (95% CI)**</b>	<b><i>P</i> within strata</b>	<b><i>P</i> versus &lt;80 mm Hg stratum</b>	<b><i>P</i> trend***</b>
<80 mm Hg	33	-3.65 (-6.93,-0.37)	0.04	<i>Ref</i>	0.001
80-84 mm Hg	158	-2.00 (-3.57,-0.43)	0.01	0.27	
85-89 mm Hg	122	-3.80 (-5.75,-1.84)	<0.001	0.81	
≥90 mm Hg	82	-7.87 (-10.28,-5.45)	<0.001	0.08	

\*Numbers do not entirely add to 412 due to missing measurements.

\*\*Adjusted for age, female sex, black race, and baseline body mass index

\*\*\*Based on median value in each baseline diastolic blood pressure category.