



Table S1. Associations of dietary potassium, potassium density, and sodium to potassium ratio with body mass index and waist circumference, stratified by nativity/years in the US, HCHS/SOL.

	Body Mass Index (kg/m ²)						Waist Circumference (cm)					
	Foreign born, < 10 years in US		Foreign born, 10+ years in US		US born		Foreign born, < 10 years in US		Foreign born, 10+ years in US		US born	
	Beta	95% CI	Beta	95% CI	Beta	95% CI	Beta	95% CI	Beta	95% CI	Beta	95% CI
Potassium												
Model 1	0.01	-0.11, 0.12	-0.15*	-0.23, -0.07	-0.38*	-0.56, -0.20	0.12	-0.17, 0.41	-0.24*	-0.45, -0.03	-0.87*	-1.32, -0.41
Model 2	0.15	-0.01, 0.31	-0.13*	-0.25, -0.00	-0.62*	-0.92, -0.31	0.22	-0.23, 0.67	-0.36*	-0.64, -0.07	-1.42*	-2.13, -0.70
Potassium density												
Model 1	0.19*	0.02, 0.35	0.03	-0.09, 0.15	-0.55*	-0.82, -0.27	0.24	-0.20, 0.68	-0.19	-0.43, 0.05	-1.28*	-1.94, -0.63
Model 2	0.18*	0.03, 0.34	0.01	-0.10, 0.13	-0.55*	-0.82, -0.28	0.20	-0.23, 0.62	-0.18	-0.40, 0.04	-1.22*	-1.85, -0.59
Sodium:Potassium												
Model 1	-0.07	-0.17, 0.03	0.16*	0.06, 0.27	0.25*	0.07, 0.42	-0.03	-0.30, 0.25	-1.47*	-2.33, -0.62	0.69*	0.28, 1.09
Model 2	-0.07	-0.18, 0.03	0.13*	0.04, 0.22	0.23*	0.05, 0.41	-0.02	-0.30, 0.26	0.31*	0.12, 0.50	0.60*	0.18, 1.02

Model 1 is adjusted for age, sex, heritage, education, income, language preference, and study site; Model 2 is additionally adjusted for smoking, hypertension, diabetes, chronic kidney disease, alcohol use, depression, physical activity (total METs/week), and energy intake (except for in potassium density models).

We modeled 500 mg increments of potassium, 250 mg per 1000 kcal unit increments for potassium density, and 0.50 unit increments of sodium to potassium ratio (mmol/mmol)

*Indicates estimate is statistically significant, $p < 0.05$

Table S2: Demographic and clinical characteristics, SOLNAS, N=435

Characteristic	% or mean	SE
Age, mean (SE)	41.5	1.0
Female	52.8	3.0
Hispanic/Latino heritage		
Central American	7.5	1.6
Cuban	19.6	3.9
Dominican	15.9	3.9
Mexican	27.8	2.9
Puerto Rican	23.2	3.2
South American	6.0	1.1
< HS Education	30.0	2.8
< \$20,000 Income	48.0	3.4
Spanish language preference	71.5	3.6
Nativity		
Foreign born, < 10 years in the US	28.8	3.7
Foreign born, 10+ years in the US	47.1	3.2
US born	24.2	3.4
Current smoker	20.7	2.7
Heavy drinker	7.5	2.0
Physical activity (total METS/week), mean (SE)	641.1	71.1
Energy, Kcal, mean (SE)	2,481.0	31.8
Alternative Healthy Eating Index-2010, mean (SE) ¹	46.8	0.5
Hypertension	17.5	2.0
Use of diuretic medication	5.1	1.2
Diabetes	7.2	1.5
CESD ² score, mean (SE)	7.2	0.4

¹ Alternative Healthy Eating Index 2010 range: 0-110

²CESD: Center for Epidemiologic Studies Depression scale