

Supplement Digital Content

Table, Supplemental Digital Content 1

Table, Supplemental Digital Content 1. Diet Descriptions

Supplemental Digital Content 1. Nutrient composition of the two diets used in DASH-Sodium

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
Lower sodium, mg	1,150	1,150
Intermediate sodium, mg	2,300	2,300
Higher sodium, mg	3,450	3,450

Mean (SD). Values calculated using Moore's Extended Nutrition (MENu) database (version 3.1, 1997; Pennington Biomedical Research Foundation, Baton Rouge, La).⁴⁶ These energy and nutrient values were based on an energy target of level of 2100 kcal.⁴⁷