

Supplementary table 4. The proportion of parents/caregivers and other adults responding correctly to salt-related knowledge questions

Question*	Parents/caregivers of a child/children <18 years of age (n=840) (%)	Other adults (n=1558) (%)
Relationship between salt and sodium		
They are exactly the same	46	47
<i>Salt contains sodium</i>	29	34
Sodium contains salt	5	3
Don't know	20	16
Awareness of salt intake among Australians		
<i>Far too much</i>	35	34
<i>Too much</i>	49	50
Just the right amount	8	7
Too little	1	1
Far too little	1	1
Don't know	6	7
Main source of salt in the Australian diet		
Adding salt during cooking	20	17
<i>Salt from processed foods</i>	73	76
Salt from natural sources	2	2
Don't know	5	5
Salt intake recommendation		
3 g/day	27	28
5 g/day	30	26
8 g/day	11	10
10 g/day	5	5

15 g/day	1	1
Don't know	26	30
Eating too much salt could damage health		
<i>Yes</i>	91	90
No	4	4
Don't know	5	6
Himalayan salt, pink salt, sea salt and gourmet salts are healthier than regular salt		
<i>Strongly disagree</i>	6	10
<i>Disagree</i>	17	18
Neither agree nor disagree	34	38
Agree	33	27
Strongly agree	10	7
Health risks associated with a high salt intake		
High blood pressure		
<i>Yes</i>	83	82
No	7	5
Don't know	10	13
Kidney disease		
<i>Yes</i>	63	62
No	12	8
Don't know	25	30
Heart disease/Heart attack		
<i>Yes</i>	76	77

No	10	7
Don't know	14	16
Stroke		
<i>Yes</i>	67	65
No	13	10
Don't know	20	25
Stomach cancer		
<i>Yes</i>	30	28
No	21	17
Don't know	49	55

*Correct response in italics