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| Supplementary Table 1. Fast food chains and the number of products in the original 2019 Nutritrack database |

|  |  |  |
| --- | --- | --- |
| **Fast food chain** | **Number of products for which data collected** | **Sodium data available for some or all products** |
| Burger Fuel | 90 | Yes |
| Burger King | 122 | Yes |
| Burger Wisconsin | 89 | No |
| Domino’s | 318 | Yes |
| Esquires Coffee Houses | 305 | No |
| Hell Pizza | 305 | Yes |
| Hollywood Bakery | 208 | No |
| KFC | 76 | Yes |
| McDonald’s | 160 | Yes |
| McDonald’s McCafé | 80 | Yes |
| Muffin Break | 357 | Yes |
| Nando’s | 250 | No |
| Night ‘n Day Gull Stations | 132 | No |
| Noodle Canteen | 46 | No |
| Pita Pit | 207 | Yes |
| Pizza Hut | 471 | Yes |
| Sal’s Pizza | 72 | No |
| Shake Shed & Co | 195 | No |
| Shamiana | 24 | No |
| St Pierres Sushi | 103 | Yes |
| Starbucks | 171 | No |
| Subway | 479 | Yes |
| Tank Juice | 161 | No |
| The Coffee Club | 283 | Yes |
| Wendy’s | 129 | Yes |
| Wild Bean Cafe | 171 | Yes |
| Wishbone | 141 | Yes |
| Z Express | 101 | Yes |

|  |  |
| --- | --- |
| Supplementary Table 2. Original Nutritrack 2019 food groups and major categories | |
| Food group | **Major category** |
| Asian | Chinese |
|  | Other |
|  | Sushi and rice-paper rolls |
| Beverages | Juice |
|  | Milkshakes/Smoothies |
|  | Other |
|  | Soft Drink |
|  | Tea/Coffee/Hot Chocolate |
|  | Water |
| Breakfast | Other |
|  | Savoury |
|  | Sweet |
| Burgers | Beef Burgers |
|  | Chicken Burgers |
|  | Fish Burgers |
|  | Lamb burgers |
|  | Other Burgers |
|  | Vegetarian Burgers |
| Cakes, muffins and pastry | Cakes |
|  | Muffins |
|  | Savoury Pastry Products |
|  | Sweet Pastry Products |
| Chicken |  |
| Desserts |  |
| Dressings/condiments | Savoury |
|  | Sweet |
| Other |  |
| Pasta |  |
| Pizza | Meat toppings |
|  | Seafood toppings |
|  | Vegetarian toppings |
| Salads | Garden/Plain Salads |
|  | Other |
|  | Salads with meat |
| Sandwiches and wraps | Beef sandwiches |
|  | Chicken Sandwiches |
|  | Fish Sandwiches |
|  | Lamb sandwiches |
|  | Other sandwiches |
|  | Seafood sandwiches |
|  | Vegetarian sandwiches |
| Seafood |  |
| Sides | Fries |
|  | Other |
| Soup |  |

**Supplementary Table 3. Detailed analysis of mean sodium/100g (mg/100g) and trialling different reductions**

| **Food group** | **Category** | ***n* total (total number of products with Na/100g info)** | **Mean Na/100g (mg/100g)** | **StdDev** | **Max Na/100g (mg/100g)** | **Min Na/100g (mg/100g)** | **40% reduction of mean sodium/100g (mg/100g)** | **% at or under 40% reduction** | **Sodium mg/100g that is met by 40% of products (mg/100g)** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| All pasta, rice and risotto dishes |  | 21 | 298 | 90 | 495 | 140 | 179 | 5% | 256 |
| All pies, tarts, sausage rolls and quiches |  | 45 | 389 | 148 | 820 | 131 | 233 | 13% | 343 |
| Asian | Sushi and rice-paper rolls | 28 | 220 | 54 | 341 | 143 | 132 | 0% | 200 |
| Burgers | All other burgers | 40 | 393 | 109 | 750 | 226.9 | 236 | 3% | 358 |
|  | Burgers with cured meat | 29 | 499 | 138 | 982 | 305 | 299 | 0% | 447 |
|  | Single patty burgers | 31 | 508 | 177 | 990 | 263.9 | 305 | 10% | 432 |
| Chicken | Crumbed Chicken | 36 | 540 | 146 | 993 | 348 | 324 | 0% | 440 |
|  | Grilled chicken | 16 | 445 | 279 | 1280 | 134 | 267 | 38% | 261 |
| Pizzas | All other toppings | 229 | 414 | 104 | 658 | 180 | 248 | 7% | 389 |
|  | Cured Meat Toppings | 193 | 508 | 131 | 869 | 242 | 305 | 8% | 494 |
| Salads | Other salads (excluding garden salads) | 10 | 264 | 179 | 543 | 42.6 | 158 | 40% | 96 |
|  | Salads with meat | 18 | 256 | 115 | 519 | 123 | 153 | 22% | 190 |
| Sandwiches | All other sandwiches | 98 | 376 | 157 | 1080 | 129 | 226 | 9% | 315 |
|  | Cured meat sandwiches | 34 | 554 | 151 | 898 | 356 | 333 | 0% | 497 |
| Condiments | Mayonnaise and dressings | 15 | 729 | 192 | 1070 | 350 | 438 | 7% | 665 |
|  | Sauce | 22 | 710 | 285 | 1242.9 | 340 | 426 | 14% | 561 |
| Sides | Fries and potato products | 31 | 288 | 158 | 680 | 3.8 | 173 | 26% | 240 |

**Supplementary Table 4. Detailed analysis of mean sodium/serving (mg/serving) and trialling different reductions**

| **Food group** | **Category** | ***n* total (total number of products with Na/serving information available)** | **Mean Na/serving (mg/serving)** | **StdDev** | **Max Na/serving (mg/serving)** | **Min Na/serving (mg/serving)** | **40% reduction of mean Na/serving (mg/serving)** | **% at or under 40% reduction** | **Na/serving met by 40% of products (mg/serving)** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| All pasta, rice and risotto dishes |  | 21 | 1127 | 402 | 1940 | 407 | 676 | 14% | 895 |
| All pies, tarts, sausage rolls and quiches |  | 45 | 719 | 255 | 1230 | 257 | 432 | 16% | 689 |
| Asian | Sushi and rice-paper rolls | 25 | 677 | 269 | 1840 | 431 | 406 | 0% | 607 |
| Burgers | All other burgers | 40 | 962 | 365 | 2008 | 482 | 577 | 35% | 733 |
|  | Burgers with cured meat | 29 | 1416 | 522 | 3069 | 555 | 850 | 10% | 1270 |
|  | Single patty burgers | 30 | 938 | 409 | 2104 | 415 | 563 | 23% | 830 |
| Chicken | Crumbed Chicken | 36 | 568 | 394 | 1540 | 100 | 341 | 39% | 340 |
|  | Grilled chicken | 16 | 691 | 480 | 1800 | 228 | 415 | 44% | 340 |
| Pizzas | All other toppings | 228 | 426 | 162 | 923 | 133 | 256 | 9% | 350 |
|  | Cured Meat Toppings | 193 | 527 | 198 | 1330 | 213 | 316 | 9% | 430 |
| Salads | Other salads (excluding garden salads) | 10 | 745 | 630 | 1950 | 72 | 447 | 40% | 130 |
|  | Salads with meat | 18 | 649 | 330 | 1388 | 63 | 389 | 11% | 483 |
| Sandwiches | All other sandwiches | 98 | 916 | 441 | 3000 | 164 | 550 | 17% | 725 |
|  | Cured meat sandwiches | 34 | 1157 | 459 | 2220 | 461 | 694 | 15% | 998 |
| Condiments | Mayonnaise and Dressings | 15 | 236 | 291 | 1240 | 60 | 142 | 47% | 134 |
|  | Mustard | 2 | 192 | 179 | 318 | 65 | 115 | 50% |  |
|  | Powdered seasonings | 6 | 163 | 91 | 293 | 67 | 98 | 17% | 114 |
|  | Sauce | 22 | 148 | 86 | 346 | 17 | 89 | 27% | 118 |
| Sides | Fries and potato products | 31 | 655 | 592 | 2370 | 11 | 393 | 39% | 288 |

**Supplementary Table 5. Investigating serve size recommendations from the Australian Healthy Food Partnership (HFP) and United States America (USA) Food and Drug Administration (FDA)**

|  |  | **Australian HFP** | |  | **USA FDA** | |  |  | **NZ** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Food group** | **Category** | **Name of category** | **Serving size (g)** |  | **Name of category** | **Serving size (g)** |  | **Summary of recommended serve size if available (g)** | **Mean serve size (g)** |
| All pasta, rice and risotto dishes |  |  |  |  |  |  |  |  | **381** |
| All pies, tarts, sausage rolls and quiches |  | Savoury pastry products, pies, rolls and envelopes (out of home) 1 | 200 |  |  |  |  | **200**a | **168** |
| Asian | Sushi and rice-paper rolls |  |  |  |  |  |  |  | **302** |
| Burgers | All other burgers |  |  |  |  |  |  |  | **252** |
|  | Burgers with cured meat |  |  |  |  |  |  |  | **289** |
|  | Single patty burgers |  |  |  |  |  |  |  | **196** |
| Chicken | Crumbed Chicken | Crumbed and battered proteins1 | 150 |  |  |  |  | **150**a | **107** |
|  | Grilled chicken |  |  |  |  |  |  |  | **214** |
| Pizzas | All other toppings | Pizza (out of home)1 | 200 |  |  |  |  | **200**a | **107** |
|  | Cured Meat Toppings | Pizza (out of home)1 | 200 |  |  |  |  | **200**a | **107** |
| Salads | Other salads (excluding garden salads) |  |  |  | Pasta or potato salad  All other salads, e.g., egg, fish, shellfish, bean, fruit, or vegetable salads | 100  140 |  | **100b**  **140b** | **244** |
|  | Salads with meat |  |  |  |  | 100  140 |  | **100b**  **140b** | **258** |
| Sandwiches | All other sandwiches |  |  |  |  |  |  |  | **252** |
|  | Cured meat sandwiches |  |  |  |  |  |  |  | **214** |
| Condiments | Mayonnaise and dressings |  |  |  | Dressings for salads3  Mayonnaise, sandwich spreads, mayonnaise-type dressings3 | Dressings 30  Mayo: 15 |  | **Dressings 30b**  **Mayo: 15b** | **37** |
|  | Sauce |  |  |  | Barbecue sauce, hollandaise sauce, tartar sauce, tomato chili sauce, other sauces for dipping (e.g., mustard sauce, sweet and sour sauce), all dips (e.g., bean dips, dairy-based dips, salsa) | 2 tbsp (30 mL) |  | **30b,d** | **20** |
| Sides | Fries and potato products | Potato products1 (i.e., chips/fries/wedges) | 150 |  |  |  |  | **150a** | **232** |

aHealthy Food Partnership recommendation ([Healthy Food Partnership, 2021](https://consultations.health.gov.au/chronic-disease-and-food-policy-branch/healthy-food-partnership-industry-guide/supporting_documents/Serving%20Size%20Recommendations%20%20Brief%20Summary%20table%204.DOCX))

bFood and Drug Administration recommendation([FDA, 2018](https://www.fda.gov/media/111144/download))

cFDA has two different recommendations- one for mayonnaise (15g) and one for dressings (30g). However, as part of our research, mayonnaise and dressings were aggregated into one category

dIt was assumed that 1 mL=1 g