**Supplemental Table 1: Measured and estimated daily salt intake for Australians aged over 20 years after exclusion of low energy reporters based upon dietary surveys and 24-hour urine collections done in Lithgow and compared to values reported by the Australian Health Survey**

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| --- | --- | --- | --- | --- | --- | --- |
|  | **Measured salt intake from survey** |  | **Derived salt intake using Lithgow sample data weighted up to each population** | |  | **Reported by the Australian Health Survey 1,2,3** |
| Lithgow sample  (n=319)*4* | Lithgow | | Australia | | Australia |
| **Dietary including discretionary salt** | | | | | | |
| Dietary sodium (mg/d) | 2742  (95% CI 2622-2863)  [IQR 1031-6315]5 | 2861  (2734-2989) | | 2888  (2742-3034) | |  |
| Dietary salt (g/d) | 7.0  (6.7-7.3)  [2.6-16.0]5 | 7.3  (6.9-7.6) | | 7.3  (7.0-7.7) | |  |
| **Dietary without discretionary salt** | | | | | | |
| Dietary sodium (mg/d) | 2601  (2487-2715)  [982-6010]5 | 2732  (2609, 2856) | | 2770  (2628-2913) | | 2431 (0.7) |
| Dietary salt (g/d) | 6.6  (6.3-6.9)  [2.5-15.3]5 | 6.9  (6.6-7.3) | | 7.0  (6.7-7.4) | | 6.2 |
| **Measured using 24-hour urine collection** | | | | | | |
| Sodium (mg/d) | 3391  (3248-3534)  [1138-7138]5 | 3477  (3309-3645) | | 3485  (3283-3687) | |  |
| Salt (g/d) | 8.6  (8.3-9.0)  [2.9-18.1]5 | 8.8  (8.4-9.3) | | 8.9  (8.3-9.4) | |  |

Values are mean (95% confidence interval) unless otherwise specified; 1Australian Health Survey estimates from adults aged 19 years and over; 2mean (relative standard error of the estimate (%)); 3There was no exclusion for low energy reporting; 4Individuals with an EI:BMR <0.9 were excluded from the analysis; 5interquartile range (25th percentile – 75th percentile)

**Supplemental Table 2: Measured and estimated daily salt intake for Australians aged over 20 years by sex based upon dietary surveys and 24-hour urine collections done in Lithgow and compared to values reported by the Australian Health Survey**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Measured salt intake from survey** | | **Derived salt intake using Lithgow sample data weighted up to each population** | | | | **Reported by the Australian Health Survey 1,2** | |
| Lithgow sample | | Lithgow | | Australia | | Australia | |
|  | *Male* | *Female* | *Male* | *Female* | *Male* | *Female* | *Male* | *Female* |
| **Dietary including discretionary salt** | | | | | | | | |
| Dietary sodium (mg/d) | 2972  (95% CI 2793-3151)  [IQR 1165-6199]3 | 2221  (2097-2345)  [200-4856]3 | 3061  (2874-3249) | 2255  (2126-2383) | 3109  (2896-3322) | 2280  (2135-2426) |  |  |
| Dietary salt (g/d) | 7.5  (7.1-8.0)  [3.0-15.7]3 | 5.6  (5.3-6.0)  [1.8-12.3]3 | 7.8  (7.3-8.3) | 5.7  (5.4-6.1) | 7.9  (7.4-8.4) | 5.8  (5.4-6.2) |  |  |
| **Dietary without discretionary salt** | | | | | | | | |
| Dietary sodium (mg/d) | 2810  (2639-2981)  [1023-5919]3 | 2091  (1977-2205)  [700-4452]3 | 2929  (2746-3112) | 2130  (2010-2250) | 2995  (2784-3205) | 2162  (2024-2300) | 2721 (1.0) | 2090 (1.1) |
| Dietary salt (g/d) | 7.1  (6.7-7.6)  [2.6-15.0]3 | 5.3  (5.0-5.6)  [1.8-11.3]3 | 7.4  (7.0-7.9) | 5.4  (5.1-5.7) | 7.6  (7.1-8.1) | 5.5  (5.1-5.8) | 6.9 | 5.3 |
| **Measured using 24-hour urine collection** | | | | | | | | |
| Sodium (mg/d) | 3986  (3775-4197)  [1248-7378]3 | 3014  (2858-3170)  [953-6437]3 | 4036  (3781-4292) | 3042  (2873-3212) | 4061  (3754-4368) | 3071  (2873-3269) |  |  |
| Salt (g/d) | 10.1  (9.6-10.7)  [3.2-18.7]3 | 7.7  (7.3-8.1)  [2.4-16.4]3 | 10.3  (9.6-10.9 | 7.7  (7.3-8.2) | 10.3  (9.5-11.1) | 7.8  (7.3-8.3) |  |  |

Values are mean (95% confidence interval) unless otherwise specified; 1Australian Health Survey estimates from adults aged 19 years and over; 2mean (relative standard error of the estimate (%)); 3interquartile range (25th percentile – 75th percentile)