**Supplemental Table 1: Top (sub-major) food group sources of sodium intake in sample of Australian adults (n=7818)**

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| --- | --- | --- | --- | --- |
| **Rank** | **Breakfast** | **Lunch** | **Dinner** | **Non-meal time** |
| 1 | **Regular breads, and bread rolls (plain/unfilled/untopped varieties)** | Regular breads, and bread rolls (plain/unfilled/untopped varieties) | Mixed dishes where cereal is the major ingredient | Cakes, muffins, scones, cake-type desserts |
| 2 | Breakfast cereals, ready to eat | Mixed dishes where cereal is the major ingredient | Gravies and savoury sauces | Regular breads, and bread rolls (plain/unfilled/untopped varieties) |
| 3 | **Processed meat** | Processed meat | Mixed dishes where poultry or feathered game is the major component | Mixed dishes where cereal is the major ingredient |
| 4 | Dairy milk (cow, sheep and goat) | Cheese | Sausages, frankfurts and saveloys | Cheese |
| 5 | **Mixed dishes where cereal is the major ingredient** | Pastries | Regular breads, and bread rolls (plain/unfilled/untopped varieties) | Water |
| 6 | Yeast, vegetable and meat extracts | Gravies and savoury sauces | Soup, homemade from basic ingredients  |  Dairy milk (cow, sheep and goat) |
| 7 |  **Cheese** | Soup, homemade from basic ingredients | Processed meat  | Coffee and coffee substitutes |
| 8 | Batter-based products | Mixed dishes where poultry or feathered game is the major component | Pastries | Pastries |
| 9 | **English-style muffins, flat breads, and savoury and sweet breads**  | English-style muffins, flat breads, and savoury and sweet breads | Cheese  | Processed meat |
| 10 | Dishes where egg is the major ingredient  | Sausages, frankfurts and saveloy | Potatoes | English-style muffins, flat breads, and savoury and sweet breads |
| 11 | **Sausages, frankfurts and saveloys** | Potatoes | English-style muffins, flat breads, and savoury and sweet breads | Gravies and savoury sauces |
| 12 | Eggs | Cakes, muffins, scones, cake-type desserts | Commercially sterile soup (prepared or sold ready to eat) | Nuts and nut products  |
| 13 | **Pastries** | Mature legume and pulse products and dishes | Mature legume and pulse products and dishes | Yoghurt |
| 14 | Mature legume and pulse products and dishes | Margarine and table spreads | Cakes, muffins, scones, cake-type desserts | Sausages, frankfurts and saveloys |
| 15 | Coffee and coffee substitutes | Yeast, vegetable and meat extracts | Dishes where egg is the major ingredient Flavoured milks and milkshake |  |
| 16 | **Gravies and savoury sauces** |  |  |  |  |  |
| 17 | Butters |  |  |  |  |  |
| 18 | Yoghurt |  |  |  |  |  |
| 19 | **Cakes, muffins, scones, cake-type desserts**  |  |  |  |  |  |
| 20 | Margarine and table spreads |  |  |  |  |  |

* Most foods alike between Lunch and Dinner (*n*= 25, 83%); Breakfast and Lunch (*n*= 15, 50%); Breakfast and Dinner (*n*= 15, 50%)
* Foods contributing to sodium intake at non-meal times were least similar to any other eating occasion (Breakfast *n* = 14, 47%; Lunch *n* = 13, 43%; and Dinner *n*= 12; 40%)
* Foods that contribute at each eating occasion (*n* = 9, 30%) Regular breads, and bread rolls (plain/unfilled/untopped varieties); Processed meat; Mixed dishes where cereal is the major ingredient; Cheese; English-style muffins, flat breads, and savoury and sweet breads; Sausages, frankfurts and saveloys; Pastries; Gravies and savoury sauces; and akes, muffins, scones, cake-type desserts.