

**Supplementary Table 1.** Demographic characteristics of participants aged 4-12 years with a complete 24-hr urine collection (n=666)

<b>Characteristic</b>	<b>n</b>	<b>%</b>
<b>Age group</b>		
4-8 years	283	42.5
9-12 years	383	57.5
<b>Gender</b>		
Boy	365	54.8
Girl	301	45.2
<b>Socioeconomic status<sup>1</sup></b>		
Low	137	24.0
Mid	85	14.9
High	348	61.0
<b>School type</b>		
Non-government	227	34.1
Government	439	65.9
<b>Weight category</b>		
Underweight	67	10.1
Healthy weight	487	73.1
Overweight	92	13.8
Obese	20	3.0
<b>Day of urine collection</b>		

School day	317	47.6
Non-school day	349	52.4

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<sup>1</sup> Based on parent's highest level of education, n=96 with missing data

**Supplementary Table 2.** Comparison of daily salt intake (g/d) assessed by 24-hr urine collection vs. 24-hr dietary recall, with consideration to the day of collection method\*, †

Group	n	24-hr urine collection	24-hr dietary recall	P-value
		Salt intake (g/d)	Salt intake (g/d)	
All children	464	6.4±0.1	6.1±0.1	0.07
24-hr urine and 24-hr diet recall both completed on a school day	180	6.1±0.2	6.0±0.2	0.85
24-hr urine and 24-hr diet recall both completed on a non-school day	45	6.8±0.4	6.4±0.5	0.51
24-hr urine completed on a non-school day & 24-hr diet recall completed on a school day	190	6.8±0.2	5.9±0.2	<0.001
24-hr urine completed on a school day & 24-hr diet recall completed on a non-school day	49	5.3±0.4	6.4±0.4	0.048

\* Includes children 8-12 years who provided a valid 24-hr dietary recall and complete 24-hr urine sample

† Data are mean±SE

**Supplementary Table 3.** Daily contribution (%) of sodium and potassium among participants aged 8-12 years reported at the sub-major food group level (n=517)\*, †

Sodium					Potassium				
Rank	Food group	% of			Rank	Food group	% of		
		daily intake	SE	% cumulative			daily intake	SE	% cumulative
1	Regular breads, and bread rolls (plain/unfilled/untopped varieties)	14.8	0.8	14.8	1	Dairy milk (cow, sheep and goat)	11.5	0.6	11.5
2	Mixed dishes where cereal is the major ingredient	9.9	1.0	24.8	2	Potatoes	7.1	0.6	18.5
3	Processed meat	8.5	0.9	33.3	3	Fruit and vegetable juices, and drinks	5.4	0.6	23.9
4	Cakes, muffins, scones, cake-type desserts	5.2	0.4	38.4	4	Mixed dishes where cereal is the major ingredient	4.7	0.5	28.6

5	Cheese	4.8	0.4	43.2	5	Regular breads, and bread rolls (plain/unfilled/untopped varieties)	4.6	0.2	33.3
6	Gravies and savoury sauces	4.2	0.4	47.5	6	Pome fruit	3.4	0.2	36.7
7	English-style muffins, flat breads, and savoury and sweet breads	3.9	0.6	51.4	7	Tropical and subtropical fruit	3.3	0.5	40.1
8	Pastries	3.8	0.6	55.2	8	Mixed dishes where beef, sheep, pork or mammalian game is the major component	3.1	0.3	43.1
9	Sausages, frankfurts and saveloys	3.8	0.7	59.0	9	Cakes, muffins, scones, cake-type desserts	3.1	0.2	46.2
10	Breakfast cereals, ready to eat	3.3	0.2	62.3	10	Potato snacks	2.9	0.5	49.1

11	Dairy milk (cow, sheep and goat)	3.1	0.2	65.4	11	Breakfast cereals, ready to eat	2.7	0.2	51.8
12	Savoury biscuits	2.4	0.3	67.8	12	Beef, sheep and pork, unprocessed	2.6	0.3	54.4
13	Soup, homemade from basic ingredients	2.4	0.6	70.2	13	Poultry and feathered game	2.6	0.3	57.0
14	Mixed dishes where poultry or feathered game is the major component	2.2	0.3	72.5	14	Yoghurt	2.2	0.2	59.2
15	Mixed dishes where beef, sheep, pork or mammalian game is the major component	2.1	0.3	74.5	15	Soup, homemade from basic ingredients	2.1	0.5	61.3
16	Yeast, and yeast vegetable or meat extracts	1.9	0.3	76.4	16	Mixed dishes where poultry or feathered game is the major component	2.0	0.3	63.3

17	Potato snacks	1.8	0.3	78.2
18	Sweet biscuits	1.7	0.2	79.9
19	Pasta and pasta products (without sauce)	1.7	0.3	81.5
20	Potatoes	1.3	0.2	82.8
21	Batter-based products	1.1	0.3	84.0
22	Fish and seafood products (homemade and takeaway)	1.1	0.3	85.1

17	Carrot and similar root vegetables	1.9	0.2	65.2
18	Other fruiting vegetables	1.9	0.2	67.1
19	Processed meat	1.7	0.2	68.8
20	Frozen milk products	1.5	0.2	70.3
21	Pastries	1.4	0.3	71.7
22	Gravies and savoury sauces	1.4	0.2	73.1
23	Flavoured milks and milkshakes	1.3	0.2	74.5
24	Other fruit	1.3	0.2	75.8
25	Citrus fruit	1.3	0.2	77.0
26	Yeast, and yeast vegetable or meat extracts	1.2	0.2	78.3

27	English-style muffins, flat breads, and savoury and sweet breads	1.2	0.2	79.5
28	Breakfast cereals, hot porridge style	1.2	0.3	80.7
29	Chocolate and chocolate-based confectionery	1.1	0.2	81.8
30	Other beverage flavourings and prepared beverages	1.1	0.2	82.9
31	Dried fruit, preserved fruit	1.1	0.5	83.9

\* Includes sub-major food groups that contributed  $\geq 1\%$  of daily intake for sodium or potassium

† Mixed cereal dishes include pizza, sandwiches, burgers, tacos/tortillas, savoury pasta/noodle and sauce dishes, savoury rice-based dishes, savoury dumplings and sushi



**Supplementary Table 4.** Daily contribution (%) of sodium and potassium among participants aged 8-12 years reported at the minor food group level (n=517) \*, †

Sodium					Potassium				
Rank	Food group	% of daily intake	SE	% cumulative	Rank	Food group	% of daily intake	SE	% cumulative
1	Breads, and bread rolls, white, not stated as to fortification <sup>3</sup>	5.2	0.4	5.2	1	Milk, cow, fluid, regular whole, full fat	5.2	0.4	5.2
2	Breads, and bread rolls, white, mandatorily fortified <sup>2</sup>	3.3	0.4	8.5	2	Fruit juices, commercially prepared	4.6	0.5	9.8
3	Ham	3.2	0.4	11.7	3	Milk, cow, fluid, reduced fat, <2 g/100g	3.6	0.4	13.4
4	Cheese, hard cheese ripened styles	3.1	0.3	14.8	4	Potato products	3.1	0.4	16.5
5	Pizza, saturated fat ≤5 g/100 g	3.0	0.7	17.8	5	Apples	3.0	0.2	19.5

6	Sausage, saturated fat content >5 g/100g	2.9	0.7	20.7	6	Bananas	2.9	0.5	22.4
7	Savoury pastry products, pies, rolls and envelopes	2.7	0.6	23.4	7	Potatoes	2.9	0.4	25.4
8	Bacon	2.5	0.7	25.9	8	Potato crisps	2.8	0.5	28.2
9	Fermented, comminuted meats (e.g. Salami)	2.1	0.5	28.0	9	Chicken	2.6	0.3	30.8
10	Savoury pasta/noodle and sauce dishes, saturated fat ≤5 g/100 g	2.1	0.4	30.1	10	Beef dishes with gravy, sauce or vegetables	2.2	0.3	33.0
11	Yeast extracts	1.9	0.3	32.0	11	Milk, fluid, unspecified	1.9	0.3	34.9
12	Breads, and bread rolls, wholemeal, not stated as to fortification <sup>3</sup>	1.8	0.3	33.8	12	Beef	1.6	0.2	36.6
13	Savoury sauces, tomato based, commercial	1.8	0.2	35.6	13	Carrots	1.6	0.2	38.2

14	Potato crisps	1.7	0.3	37.3	14	Savoury pasta/noodle and sauce dishes, saturated fat $\leq 5$ g/100 g	1.5	0.3	39.7
15	Flat breads (e.g. Pita bread), wheat based	1.6	0.3	38.9	15	Yoghurt, flavoured or added fruit, full fat	1.5	0.2	41.2
16	Poultry crumbed, battered, meatloaf or patty type with cereal and/or vegetables	1.5	0.3	40.4	16	Other fruit	1.3	0.2	42.5
17	Beef dishes with gravy, sauce or vegetables	1.4	0.2	41.8	17	Breads, and bread rolls, white, not stated as to fortification <sup>3</sup>	1.3	0.1	43.7
18	Muffins, cake type, and muffin mixes	1.4	0.3	43.2	18	Yeast extracts	1.2	0.2	45.0
19	Milk, cow, fluid, regular whole, full fat	1.4	0.1	44.6	19	Porridge style, oat based	1.2	0.3	46.1

20	Soup containing meat, poultry or seafood	1.4	0.5	46.0	20	Potato mixed dishes	1.1	0.2	47.2
21	Cheese, processed	1.4	0.2	47.4	21	Soup containing meat, poultry or seafood	1.1	0.4	48.2
22	Savoury biscuits, wheat based, plain, energy >1800 kJ per 100 g	1.4	0.2	48.7	22	Savoury pastry products, pies, rolls and envelopes	1.1	0.3	49.3
23	Breads, and bread rolls, mixed grain, not stated as to fortification <sup>3</sup>	1.4	0.3	50.1	23	Soup, vegetable only	1.1	0.3	50.3
24	Breads, and bread rolls, wholemeal and brown, mandatorily fortified <sup>2</sup>	1.3	0.2	51.4	24	Other fruiting vegetables	1.0	0.2	51.4
25	Cakes and cake mixes, other types	1.3	0.3	52.6	25	Poultry crumbed, battered, meatloaf or patty type with cereal and/or vegetables	1.0	0.2	52.4
26	Savoury sauces, not tomato based, commercial	1.2	0.3	53.8	26	Pizza, saturated fat ≤5 g/100 g	1.0	0.2	53.3

27	Cakes and cake mixes, chocolate	1.1	0.2	54.9	27	Poultry dishes, with gravy, sauce or vegetables	1.0	0.3	54.3
28	Potato products	1.1	0.2	56.0					
29	Savoury filled or topped breads and bread rolls	1.0	0.3	57.1					
30	Soup, vegetable only	1.0	0.3	58.1					
31	Instant noodles and noodle products, wheat based	1.0	0.2	59.0					
32	Pizza, saturated fat >5 g/100 g	1.0	0.3	60.0					

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\* Includes minor food groups that contributed  $\geq 1\%$  of daily intake for sodium or potassium




† Note: Wheat flour used for making bread in Australia must be fortified with thiamin and folate. In addition salt used in bread making must be iodised. Exceptions to this includes organic bread and the following foods that may use wheat flour: pizza bases, breadcrumbs, pastries, cakes, biscuits, crackers.

<sup>3</sup> Includes organic, home-made and other bread products (e.g. pizza bases, Naan, pumpkin) which are not subject to mandatory fortification.

**Supplementary Figure 1.** Discretionary salt use habits among schoolchildren and their parent

[TIFF IMAGE ATTACHED]

**Supplementary Figure 1 Legend**

-  Yes, usually
-  Yes, sometimes
-  No