

**Supplementary Table 1.** Number of dishes and Na intake per serving by type of cuisine.

Type of cuisine	Number of dishes (Total: 57 451)	Na intake per serving (mg)	
		Mean $\pm$ SD	Median IQR
Rice dishes	6315	141 $\pm$ 362	2 (1, 4)
Bread dishes	1422	380 $\pm$ 241	320 (226, 496)
Noodle dishes	1144	1266 $\pm$ 823	1158 (632, 1784)
Soups (including <i>miso</i> soup)	3561	620 $\pm$ 375	556 (394, 780)
Stewed dishes*	3039	498 $\pm$ 507	345 (165, 655)
Grilled, pan-fried, or roasted dishes	3225	356 $\pm$ 348	268 (128, 476)
Stir-fried dishes	1686	340 $\pm$ 319	243 (141, 436)
Deep-fried dishes	1453	305 $\pm$ 339	191 (93, 390)
Boiled or steamed dishes	3326	208 $\pm$ 240	142 (50, 293)
Dried fish	498	386 $\pm$ 290	330 (191, 496)
Pickled products	2794	294 $\pm$ 278	208 (112, 380)
Raw or uncooked dishes	9709	123 $\pm$ 206	43 (1, 175)
Other dishes †	19279	45 $\pm$ 150	5 (1, 20)

Na, sodium; SD, standard deviation; IQR, interquartile range.

\* Simmered in the mixture of condiments.

† Other dishes included confectioneries, beverages and so on.

**Supplementary Table 2.** Comparisons of Mean percentage contribution by foods or dishes to Na consumption between sex and age (total *n* 253).

	Contribution to total Na intake (%)					
	By sex			By age		
	Men	Women	<i>P</i> value <sup>†</sup>	<60yrs	≥60yrs	<i>P</i> value <sup>‡</sup>
	<i>n</i> 107	<i>n</i> 146		<i>n</i> 153	<i>n</i> 100	
Adjusted means (SE)*		Adjusted means (SE)*				
<b>Food contributing to discretionary or nondiscretionary Na intake</b>						
Discretionary	59.2 (1.4)	64.3 (1.3)	<0.01	55.8 (1.1)	67.2 (1.3)	<0.001
Nondiscretionary	40.8 (1.4)	35.7 (1.3)	<0.01	44.2 (1.1)	32.8 (1.3)	<0.001
<b>Situation in which dishes were cooked and consumed</b>						
Home-prepared dishes	83.1 (1.5)	85.7 (1.4)	0.16	81.1 (1.1)	88.1 (1.4)	<0.001
Home meal replacement	7.5 (0.8)	6.9 (0.8)	0.56	8.1 (0.6)	5.7 (0.7)	<0.01
Eating out	9.4 (1.1)	7.4 (1.0)	0.14	10.9 (0.8)	6.1 (1.0)	<0.001
<b>By food group</b>						
Rice	0.1 (0.02)	0.1 (0.02)	0.43	0.1 (0.02)	0.1 (0.02)	0.97
Bread	2.1 (0.3)	3.1 (0.3)	0.02	3.2 (0.2)	2.4 (0.3)	0.05
Noodle dishes	14.3 (0.9)	9.8 (0.8)	<0.001	13.1 (0.7)	9.7 (0.8)	<0.01
Potatoes	0.03 (0.00)	0.04 (0.00)	<0.01	0.03 (0.00)	0.03 (0.00)	0.47
Pulses	0.22 (0.05)	0.34 (0.04)	0.04	0.35 (0.03)	0.24 (0.04)	0.04
Vegetables	0.55 (0.04)	0.70 (0.04)	<0.01	0.60 (0.03)	0.70 (0.03)	0.03
Fruits	0.01 (0.00)	0.03 (0.00)	<0.001	0.02 (0.00)	0.03 (0.00)	<0.001
Seaweeds	0.9 (0.1)	1.1 (0.1)	0.14	1.0 (0.1)	0.9 (0.1)	0.62
Fish and shellfish	6.6 (0.4)	6.4 (0.4)	0.65	6.5 (0.3)	7.0 (0.3)	0.26
Fresh fish and shellfish	—	—	—	—	—	—
Processed fish and shellfish	—	—	—	—	—	—
Pickled products	5.7 (0.5)	6.6 (0.5)	0.14	5.2 (0.4)	7.5 (0.5)	<0.001
Meat	2.6 (0.2)	2.0 (0.2)	0.08	2.8 (0.2)	2.1 (0.2)	<0.01
Fresh meat	—	—	—	—	—	—
Processed meat	—	—	—	—	—	—
Eggs	1.3 (0.1)	1.2 (0.1)	0.43	1.4 (0.1)	1.2 (0.1)	0.01
Milk and dairy products	1.8 (0.2)	2.7 (0.2)	<0.001	2.5 (0.2)	2.2 (0.2)	0.21
Oils	0.9 (0.1)	1.0 (0.1)	0.45	1.0 (0.1)	0.8 (0.1)	<0.01
Confectioneries	1.3 (0.2)	2.2 (0.2)	<0.001	1.9 (0.1)	1.7 (0.2)	0.31
Alcohol beverages	0.17 (0.02)	0.04 (0.01)	<0.001	0.13 (0.01)	0.09 (0.01)	0.02
Broth	2.3 (0.2)	2.7 (0.2)	0.19	2.6 (0.2)	2.3 (0.2)	0.41
<i>Miso</i> (excluding <i>miso</i> soup)	2.0 (0.2)	2.3 (0.2)	0.30	1.7 (0.1)	2.5 (0.2)	<0.001
<i>Miso</i> soup	14.0 (0.8)	14.7 (0.8)	0.47	12.5 (0.6)	14.4 (0.8)	0.06
Salt	10.4 (0.5)	10.4 (0.5)	0.99	10.4 (0.4)	11.0 (0.4)	0.32
Soy sauce	14.4 (0.8)	13.9 (0.7)	0.65	12.9 (0.6)	16.5 (0.7)	<0.001
Other seasonings <sup>§</sup>	13.0 (0.7)	13.5 (0.7)	0.55	14.5 (0.5)	11.4 (0.6)	<0.001
Others <sup>  </sup>	4.9 (0.4)	3.8 (0.4)	0.05	4.1 (0.4)	3.1 (0.4)	0.09
<b>Type of cuisine</b>						
Rice dishes	8.0 (0.7)	6.9 (0.6)	0.18	8.4 (0.5)	6.0 (0.6)	<0.01
Bread dishes	3.6 (0.5)	5.2 (0.5)	0.01	5.4 (0.4)	3.6 (0.5)	<0.01
Noodle dishes	14.3 (0.9)	9.8 (0.8)	<0.001	13.1 (0.7)	9.7 (0.8)	<0.01
Soups (including <i>miso</i> soup)	17.5 (0.9)	18.9 (0.8)	0.23	16.3 (0.7)	17.9 (0.8)	0.11
Stewed dishes <sup>¶</sup>	11.4 (0.7)	11.9 (0.7)	0.56	10.6 (0.5)	13.4 (0.6)	<0.001
Grilled, pan-fried, or roasted dishes	9.1 (0.5)	8.5 (0.5)	0.41	9.2 (0.4)	9.2 (0.5)	0.98
Stir-fried dishes	4.1 (0.3)	5.0 (0.3)	0.05	4.4 (0.2)	4.9 (0.3)	0.25
Deep-fried dishes	3.7 (0.3)	3.0 (0.3)	0.06	3.7 (0.2)	3.5 (0.3)	0.44
Boiled or steamed dishes	5.2 (0.4)	5.9 (0.3)	0.13	4.9 (0.3)	6.4 (0.3)	<0.001
Dried fish	1.5 (0.2)	1.4 (0.2)	0.55	1.5 (0.1)	1.6 (0.2)	0.85
Pickled products	5.7 (0.5)	6.6 (0.5)	0.14	5.2 (0.4)	7.5 (0.5)	<0.001
Raw and uncooked dishes	9.1 (0.5)	9.6 (0.4)	0.36	9.3 (0.3)	10.1 (0.4)	0.16
Other dishes <sup>**</sup>	6.8 (0.5)	7.4 (0.5)	0.36	7.8 (0.4)	6.2 (0.5)	0.01

Na, sodium. \* Least-squares means and standard error. † Comparisons were tested in multiple linear regression analyses adjusted for age (continuous variable). ‡ Comparisons were tested in multiple linear regression analyses adjusted for sex. § Other seasonings included dressings, spices, vinegars, Worcestershire sauce, and ready-made mixed seasonings. || Others included other cereals, sugars and sweeteners, nuts and seeds, mushrooms, soft drinks, and tea and coffee. ¶ Simmered in the mixture of condiments. \*\* Other dishes included confectioneries, beverages and so on.

**Supplementary Table 3.** Multiple regression analysis with 24-hour urinary Na excretion as the dependent variable (energy intake, BMI, and physical activity were further included in this analysis as adjustment variables).

	The amount of food intake (g): Multiple linear regression analyses (n 248)						
	Sex- and age-adjusted models <sup>†</sup>			Mutually adjusted model <sup>‡</sup>			
	B <sup>§</sup>	SE	P value	B <sup>§</sup>	SE	P value	β <sup>  </sup>
<b>Food contributing to discretionary or nondiscretionary Na intake</b>							
Discretionary	0.07	0.13	0.60	0.26	0.14	0.07	0.15
Nondiscretionary	0.56	0.25	0.02	0.81	0.28	<0.01	0.22
<b>Situation in which dishes were cooked and consumed</b>							
Home-prepared dishes	0.05	0.13	0.68	0.30	0.14	0.03	0.18
Home meal replacement	1.71	0.75	0.02	1.90	0.79	0.02	0.15
Eating out	0.64	0.30	0.03	0.80	0.33	0.02	0.16
<b>Food group</b>							
Rice	0.83	0.62	0.18	-0.62	1.11	0.58	-0.07
Bread	-6.34	3.10	0.04	-2.11	3.99	0.60	-0.04
Noodle dishes	0.70	0.69	0.32	0.66	0.85	0.44	0.06
Potatoes	-2.26	2.99	0.45	-0.85	3.35	0.80	-0.02
Pulses	1.13	1.58	0.48	2.02	1.68	0.23	0.07
Vegetables	-1.02	0.69	0.14	-1.04	0.77	0.18	-0.10
Fruits	-3.49	0.98	<0.001	-3.37	1.11	<0.01	-0.23
Seaweeds	7.24	7.01	0.30	8.18	7.20	0.26	0.07
Fish and shellfish	—	—	—	—	—	—	—
Fresh fish and shellfish	5.24	2.46	0.03	2.93	2.79	0.30	0.08
Processed fish and shellfish	-1.09	4.16	0.79	-4.09	4.34	0.35	-0.06
Pickled products	8.20	2.48	<0.01	8.85	2.63	<0.001	0.23
Meat	—	—	—	—	—	—	—
Fresh meat	-4.92	3.01	0.10	-5.29	3.34	0.11	-0.12
Processed meat	-0.64	7.12	0.93	-1.62	7.44	0.83	-0.01
Eggs	-0.20	4.70	0.97	3.23	4.71	0.49	0.04
Milk and dairy products	-1.41	0.72	0.05	-1.41	0.87	0.11	-0.12
Oils	—	—	—	—	—	—	—
Confectioneries	-4.28	2.18	0.05	-2.68	2.61	0.31	-0.08
Alcohol beverages	0.08	0.30	0.78	-0.38	0.41	0.36	-0.09
Broth	—	—	—	—	—	—	—
Miso (excluding miso soup)	—	—	—	—	—	—	—
Miso soup	1.54	0.50	<0.01	1.05	0.55	0.06	0.12
Salt	—	—	—	—	—	—	—
Soy sauce	—	—	—	—	—	—	—
Other seasonings <sup>¶</sup>	—	—	—	—	—	—	—
Others <sup>**</sup>	0.33	0.21	0.12	0.27	0.21	0.20	0.07
<b>Type of cuisine</b>							
Rice dishes	0.37	0.52	0.48	<0.001	0.68	0.999	<0.001
Bread dishes	-3.40	1.83	0.06	-0.99	2.16	0.65	-0.03
Noodle dishes	0.70	0.69	0.32	0.81	0.72	0.26	0.07
Soups <sup>††</sup>	1.68	0.46	<0.001	1.77	0.50	<0.001	0.22
Stewed dishes <sup>‡‡</sup>	0.93	0.76	0.22	1.18	0.78	0.13	0.09
Grilled dishes <sup>§§</sup>	-0.31	1.35	0.82	0.04	1.41	0.98	0.001
Stir-fried dishes	0.03	1.68	0.99	0.42	1.75	0.81	0.02
Deep-fried dishes	2.40	1.91	0.21	1.15	1.91	0.55	0.04
Boiled or steamed dishes	-1.77	1.18	0.13	-2.64	1.31	0.05	-0.14
Dried fish	-3.95	6.20	0.53	-3.88	6.27	0.54	-0.04
Pickled products	8.20	2.48	<0.01	7.25	2.49	<0.01	0.18
Raw or Uncooked dishes	-1.04	0.52	0.05	-0.63	0.57	0.27	-0.08
Other dishes <sup>   </sup>	0.12	0.14	0.42	0.24	0.15	0.11	0.11

Na, sodium; SD, standard deviation; SE, standard error. \* In multiple linear regression analyses, 24-hour urinary Na excretion was a dependent variable and the amount of food intake (in grams) in each category was an independent variable. † The amounts of food intake (grams) of each category, sex, age, total energy intake, BMI and METs were included as independent variables, and multiple 24-hour urinary Na excretion was used as a dependent variable. ‡ The amount of food intake (grams) of every category, sex, age, total energy intake, BMI and METs were included as independent variables, and multiple 24-hour urinary Na excretion was used as a dependent variable. § B: the partial regression coefficient. || β: standardized coefficient. ¶ Other seasonings included dressings, spices, vinegars, Worcestershire sauces and ready-made mixed seasonings. \*\* Others included other cereals, sugars and sweeteners, nuts and seeds, mushrooms, soft drinks and tea and coffee. †† Soups included miso soup. ‡‡ Simmered in the mixture of condiments. §§ Grilled, pan-fried or roasted dishes. ||| Other dishes included confectioneries, beverages and so on.