**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)