**Supplemental Table 1** Differences in nutrient content of dishes by preparation sub-locations

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Small restaurants |  | Large restaurants |  | Urban households |  | Rural households | *P*-value |
|  | Mean | SD |  | Mean | SD |  | Mean | SD |  | Mean | SD |
| Animal food-based dishesa  |
|  Na (mg/g) | 5.78 | 1.59 |  | 6.18 | 1.79 |  | 5.89 | 1.69 |  | 5.94 | 1.77 | 0.899 |
|  K (mg/g) | 4.86 | 1.55 |  | 4.57 | 1.37 |  | 5.46 | 1.50 |  | 5.03 | 1.59 | 0.311 |
|  Na/K | 1.23 | 0.24 |  | 1.42 | 0.41 |  | 1.10 | 0.23 |  | 1.26 | 0.37 | 0.026\* |
|  Protein (g/100g) | 39.75 | 13.11 |  | 39.30 | 13.65 |  | 45.72 | 15.36 |  | 45.30 | 15.54 | 0.335 |
|  Fat (g/100g) | 4.33 | 1.98 |  | 4.02 | 1.47 |  | 3.70 | 1.64 |  | 4.27 | 2.29 | 0.713 |
|  Carbohydrate (g/100g) | 3.79 | 1.64 |  | 4.14 | 1.85 |  | 3.68 | 1.48 |  | 3.01 | 1.19 | 0.150 |
| SFA (g/100g) | 1.27 | 0.60 |  | 1.23 | 0.63 |  | 0.93 | 0.56 |  | 1.21 | 0.79 | 0.334 |
| UFA (g/100g) | 3.06 | 1.75 |  | 2.79 | 1.31 |  | 2.77 | 1.19 |  | 3.05 | 1.70 | 0.885 |
| MUFA (g/100g) | 1.78 | 1.13 |  | 1.56 | 0.90 |  | 1.75 | 0.84 |  | 2.17 | 1.18 | 0.290 |
| PUFA (g/100g) | 1.27 | 0.71 |  | 1.23 | 0.84 |  | 1.02 | 0.51 |  | 0.87 | 0.60 | 0.248d |
| Vegetable/legume-based dishesb  |
|  Na (mg/g) | 6.12 | 1.31 |  | 5.66 | 1.22 |  | 5.39 | 0.78 |  | 5.26 | 1.18 | 0.458 |
|  K (mg/g) | 3.06 | 1.06 |  | 2.37 | 0.25 |  | 2.89 | 0.57 |  | 2.57 | 0.61 | 0.197 |
|  Na/K | 2.09 | 0.38 |  | 2.37 | 0.32 |  | 1.91 | 0.36 |  | 2.13 | 0.62 | 0.226 |
|  Protein (g/100g) | 14.62 | 12.81 |  | 13.97 | 12.41 |  | 17.62 | 15.82 |  | 16.19 | 14.20 | 0.953 |
|  Fat (g/100g) | 3.01 | 1.82 |  | 3.05 | 1.58 |  | 2.07 | 1.58 |  | 1.72 | 1.17 | 0.238 |
|  Carbohydrate (g/100g) | 3.07 | 1.08 |  | 3.30 | 1.16 |  | 3.59 | 1.37 |  | 2.92 | 1.27 | 0.718 |
| SFA (g/100g) | 0.87 | 0.52 |  | 0.93 | 0.36 |  | 0.34 | 0.26 |  | 0.44 | 0.20 | 0.009d,\* |
| UFA (g/100g) | 2.14 | 1.37 |  | 2.12 | 1.35 |  | 1.72 | 1.37 |  | 1.28 | 1.02 | 0.502 |
| MUFA (g/100g) | 1.08 | 0.76 |  | 1.11 | 0.72 |  | 0.90 | 0.76 |  | 0.67 | 0.51 | 0.581 |
| PUFA (g/100g) | 1.06 | 0.66 |  | 1.00 | 0.67 |  | 0.82 | 0.64 |  | 0.60 | 0.52 | 0.455 |
| Fried rice with egg  |  |  |  |  |  |  |  |  |  |  |  |  |
|  Na (mg/g) | 6.10 | 0.54 |  | 6.06 | 0.39 |  | 5.33 | 0.46 |  | 5.76 | 0.85 | 0.269 |
|  K (mg/g) | 1.24 | 0.17 |  | 1.22 | 0.11 |  | 1.45 | 0.30 |  | 1.37 | 0.10 | 0.294 |
|  Na/K | 4.94 | 0.45 |  | 5.02 | 0.57 |  | 3.76 | 0.69 |  | 4.22 | 0.63 | 0.031\* |
|  Protein (g/100g) | 18.20 | 1.71 |  | 16.23 | 0.52 |  | 18.25 | 1.01 |  | 17.88 | 1.09 | 0.094 |
|  Fat (g/100g) | 2.53 | 1.15 |  | 2.22 | 1.04 |  | 1.72 | 1.05 |  | 2.41 | 0.29 | 0.640 |
|  Carbohydrate (g/100g) | 32.15 | 2.02 |  | 32.73 | 0.33 |  | 34.01 | 4.06 |  | 32.86 | 3.37 | 0.822 |
| SFA (g/100g) | 0.81 | 0.32 |  | 0.74 | 0.44 |  | 0.43 | 0.25 |  | 0.77 | 0.09 | 0.322 |
| UFA (g/100g) | 1.72 | 0.83 |  | 1.47 | 0.60 |  | 1.28 | 0.80 |  | 1.64 | 0.28 | 0.796 |
| MUFA (g/100g) | 0.95 | 0.43 |  | 0.82 | 0.50 |  | 0.76 | 0.56 |  | 1.08 | 0.13 | 0.729 |
| PUFA (g/100g) | 0.76 | 0.42 |  | 0.65 | 0.13 |  | 0.52 | 0.32 |  | 0.55 | 0.24 | 0.655 |
| Total dishes  |  |  |  |  |  |  |  |  |  |  |  |  |
|  Na (mg/g) | 5.91 | 1.41 |  | 6.04 | 1.53 |  | 5.69 | 1.41 |  | 5.75 | 1.54 | 0.625c |
|  K (mg/g) | 3.96 | 1.85 |  | 3.60 | 1.70 |  | 4.31 | 1.97 |  | 3.95 | 1.93 | <0.001\* |
|  Na/K | 1.91 | 1.26 |  | 2.11 | 1.26 |  | 1.64 | 0.94 |  | 1.85 | 1.09 | 0.102d |
|  Protein (g/100g) | 30.77 | 16.81 |  | 30.08 | 17.19 |  | 35.26 | 19.73 |  | 34.59 | 19.78 | <0.001\* |
|  Fat (g/100g) | 3.77 | 1.96 |  | 3.55 | 1.55 |  | 3.05 | 1.75 |  | 3.40 | 2.21 | 0.132c |
|  Carbohydrate (g/100g) | 7.15 | 9.72 |  | 7.50 | 9.82 |  | 7.45 | 10.36 |  | 6.72 | 10.15 | 0.308d |
| SFA (g/100g) | 1.11 | 0.58 |  | 1.09 | 0.57 |  | 0.72 | 0.54 |  | 0.97 | 0.71 | 0.011d,\* |
| UFA (g/100g) | 2.66 | 1.63 |  | 2.46 | 1.31 |  | 2.32 | 1.31 |  | 2.43 | 1.64 | 0.853d |
| MUFA (g/100g) | 1.50 | 1.03 |  | 1.35 | 0.85 |  | 1.41 | 0.89 |  | 1.66 | 1.17 | 0.924d |
| PUFA (g/100g) | 1.16 | 0.67 |  | 1.10 | 0.76 |  | 0.91 | 0.54 |  | 0.76 | 0.55 | 0.071d |

SD, standard deviation; SFA, saturated fatty acids; UFA, unsaturated fatty acids; MUFA, monounsaturated fatty acids; PUFA, polyunsaturated fatty acids.

aAnimal food-based dishes consist of sliced pork with dried bean curd, shredded pork with green pepper, stir-fried beef with garlic, stir-fried tomato and scrambled eggs, and stir-fried shredded chicken breast with red chili pepper.

bVegetable/legume-based dishes include pan-fried tofu, and stir-fired sponge gourd.

cA logarithm or square root transformation was performed before analysis of variance (ANOVA).

dKruskal-Wallis Test is performed.

\*indicates statistical significance of *P*-value less than 0.05.

**Supplemental Table 2** Differences in energy content of dishes by preparation sub-locations

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Small restaurants |  | Large restaurants |  | Urban households |  | Rural households | *P*-value |
| Mean | SD |  | Mean | SD |  | Mean | SD |  | Mean | SD |
| Animal food-based dishesa  |  |  |  |  |  |  |  |  |  |  |  |  |
|  Energy (kcal/100g) | 213.08 | 46.39 |  | 209.95 | 51.97 |  | 230.92 | 63.06 |  | 231.66 | 61.10 | 0.476 |
|  Energy from protein (%) | 72.77 | 12.59 |  | 72.67 | 11.48 |  | 77.51 | 8.59 |  | 76.06 | 12.56 | 0.446 |
|  Energy from fat (%) | 19.83 | 11.43 |  | 18.96 | 10.19 |  | 15.65 | 7.88 |  | 17.83 | 10.27 | 0.586 |
|  Energy from carbohydrate (%) | 7.40 | 3.31 |  | 8.36 | 4.16 |  | 6.83 | 2.90 |  | 6.11 | 4.58 | 0.194c |
| Vegetable/legume-based dishesb  |  |  |  |  |  |  |  |  |  |  |  |  |
|  Energy (kcal/100g) | 97.86 | 54.09 |  | 96.52 | 59.76 |  | 103.42 | 69.96 |  | 91.88 | 60.81 | 0.986 |
|  Energy from protein (%) | 49.62 | 27.15 |  | 47.09 | 22.11 |  | 54.83 | 26.23 |  | 56.60 | 24.82 | 0.862 |
|  Energy from fat (%) | 31.03 | 18.92 |  | 30.58 | 12.27 |  | 18.68 | 13.54 |  | 17.76 | 6.55 | 0.098 |
|  Energy from carbohydrate (%) | 19.35 | 14.95 |  | 22.33 | 17.10 |  | 26.49 | 22.52 |  | 25.64 | 22.75 | 0.880 |
| Fried rice with egg  |  |  |  |  |  |  |  |  |  |  |  |  |
|  Energy (kcal/100g) | 224.21 | 12.16 |  | 215.80 | 11.92 |  | 224.52 | 19.92 |  | 224.67 | 10.84 | 0.773 |
|  Energy from protein (%) | 32.43 | 1.59 |  | 30.13 | 1.12 |  | 32.73 | 3.79 |  | 31.90 | 2.81 | 0.500 |
|  Energy from fat (%) | 10.14 | 4.38 |  | 9.09 | 3.79 |  | 6.71 | 3.71 |  | 9.70 | 1.41 | 0.538 |
|  Energy from carbohydrate (%) | 57.43 | 3.55 |  | 60.78 | 2.85 |  | 60.56 | 4.45 |  | 58.40 | 3.11 | 0.488 |
| Total dishes  |  |  |  |  |  |  |  |  |  |  |  |  |
|  Energy (kcal/100g) | 185.67 | 68.27 |  | 182.32 | 70.80 |  | 198.24 | 81.72 |  | 195.84 | 82.82 | 0.024\* |
|  Energy from protein (%) | 61.94 | 22.16 |  | 60.96 | 21.26 |  | 66.25 | 21.50 |  | 65.68 | 21.79 | 0.100d |
|  Energy from fat (%) | 21.42 | 14.30 |  | 20.63 | 11.98 |  | 15.29 | 9.66 |  | 16.80 | 9.06 | 0.006c,\* |
|  Energy from carbohydrate (%) | 16.64 | 18.17 |  | 18.41 | 19.45 |  | 18.47 | 21.31 |  | 17.53 | 21.15 | 0.212d |

SD, standard deviation.

aAnimal food-based dishes consist of sliced pork with dried bean curd, shredded pork with green pepper, stir-fried beef with garlic, stir-fried tomato and scrambled eggs, and stir-fried shredded chicken breast with red chili pepper.

bVegetable/legume-based dishes include pan-fried tofu, and stir-fired sponge gourd.

cA logarithm or square root transformation was performed before analysis of variance (ANOVA).

dKruskal-Wallis Test is performed.

\*indicates statistical significance of *P*-value less than 0.05.

**Supplemental Table 3** Summary statistics for the distribution of nutrient and energy content of dishes by preparation location

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |   |   | Restaurants |   |   |   |   | Households |   |   |
| P10 | P25 | P50 | P75 | P90 |   | P10 | P25 | P50 | P75 | P90 |
| Animal food-based dishesa  |
|  Na (mg/g) | 3.71 | 4.49 | 5.87 | 7.42 | 7.94 |  | 3.77 | 4.84 | 5.73 | 6.70 | 8.67 |
|  K (mg/g) | 2.56 | 3.73 | 5.06 | 5.96 | 6.43 |  | 3.15 | 3.86 | 5.56 | 6.43 | 7.06 |
|  Na/K | 0.87 | 1.15 | 1.37 | 1.47 | 1.72 |  | 0.81 | 0.95 | 1.18 | 1.36 | 1.50 |
|  Protein (g/100g) | 16.81 | 33.28 | 41.41 | 50.09 | 54.34 |  | 18.50 | 42.28 | 48.72 | 55.63 | 61.72 |
|  Fat (g/100g) | 2.23 | 2.91 | 3.89 | 5.42 | 6.38 |  | 1.63 | 2.19 | 3.89 | 5.33 | 6.37 |
|  Carbohydrate (g/100g) | 1.54 | 2.45 | 4.24 | 4.90 | 6.14 |  | 1.62 | 2.19 | 3.36 | 4.22 | 5.16 |
| SFA (g/100g) | 0.54 | 0.75 | 1.28 | 1.54 | 1.99 |  | 0.35 | 0.49 | 0.97 | 1.44 | 2.15 |
| UFA (g/100g) | 1.07 | 2.09 | 2.71 | 3.54 | 4.90 |  | 1.12 | 1.66 | 2.81 | 4.01 | 4.74 |
| MUFA (g/100g) | 0.33 | 0.95 | 1.52 | 2.33 | 2.96 |  | 0.65 | 1.03 | 1.89 | 3.01 | 3.36 |
| PUFA (g/100g) | 0.30 | 0.84 | 1.04 | 1.72 | 2.37 |  | 0.29 | 0.48 | 0.82 | 1.33 | 1.75 |
|  Energy (kcal/100g) | 128.93 | 185.10 | 230.50 | 252.08 | 263.30 |  | 119.57 | 212.74 | 248.40 | 273.02 | 294.48 |
|  Energy from protein (%) | 52.04 | 69.42 | 74.83 | 79.64 | 86.02 |  | 63.09 | 71.27 | 77.93 | 85.65 | 89.57 |
|  Energy from fat (%) | 8.56 | 11.35 | 16.59 | 23.85 | 36.98 |  | 5.72 | 8.90 | 15.42 | 23.48 | 27.83 |
|  Energy from carbohydrate (%) | 2.92 | 4.54 | 7.58 | 10.29 | 13.20 |  | 2.48 | 3.67 | 6.22 | 8.17 | 11.08 |
| Vegetable/legume-based dishesb  |
|  Na (mg/g) | 4.42 | 4.99 | 5.63 | 6.33 | 8.03 |  | 4.47 | 4.73 | 4.94 | 5.75 | 6.92 |
|  K (mg/g) | 2.02 | 2.26 | 2.48 | 2.84 | 3.83 |  | 2.03 | 2.25 | 2.72 | 3.21 | 3.57 |
|  Na/K | 1.77 | 2.05 | 2.22 | 2.48 | 2.66 |  | 1.38 | 1.74 | 1.85 | 2.28 | 2.79 |
|  Protein (g/100g) | 2.50 | 2.63 | 11.41 | 25.94 | 30.44 |  | 2.56 | 2.91 | 15.47 | 30.34 | 30.81 |
|  Fat (g/100g) | 0.92 | 1.64 | 2.91 | 4.31 | 4.93 |  | 0.28 | 0.72 | 1.46 | 2.74 | 3.91 |
|  Carbohydrate (g/100g) | 1.66 | 2.31 | 3.18 | 3.91 | 4.60 |  | 1.79 | 2.05 | 3.58 | 4.39 | 4.75 |
| SFA (g/100g) | 0.30 | 0.59 | 1.02 | 1.24 | 1.46 |  | 0.10 | 0.20 | 0.38 | 0.57 | 0.75 |
| UFA (g/100g) | 0.40 | 1.02 | 2.11 | 2.97 | 3.69 |  | 0.18 | 0.41 | 1.14 | 2.04 | 3.33 |
| MUFA (g/100g) | 0.02 | 0.53 | 1.02 | 1.72 | 1.95 |  | 0.10 | 0.28 | 0.62 | 1.09 | 1.70 |
| PUFA (g/100g) | 0.25 | 0.52 | 1.02 | 1.42 | 1.87 |  | 0.08 | 0.13 | 0.62 | 1.10 | 1.64 |
|  Energy (kcal/100g) | 34.09 | 45.78 | 91.58 | 153.81 | 171.58 |  | 29.63 | 36.92 | 97.77 | 148.79 | 180.33 |
|  Energy from protein (%) | 15.42 | 25.33 | 55.44 | 68.62 | 75.12 |  | 21.55 | 32.66 | 55.20 | 79.45 | 84.68 |
|  Energy from fat (%) | 14.97 | 20.36 | 25.56 | 40.00 | 55.83 |  | 6.66 | 10.17 | 17.43 | 22.17 | 30.25 |
|  Energy from carbohydrate (%) | 4.06 | 6.69 | 16.27 | 31.46 | 45.30 |  | 3.71 | 5.46 | 20.96 | 50.56 | 52.41 |
| Fried rice with egg  |
|  Na (mg/g) | 5.56 | 5.68 | 6.08 | 6.45 | 6.68 |  | 4.71 | 4.99 | 5.46 | 6.08 | 6.57 |
|  K (mg/g) | 1.00 | 1.13 | 1.27 | 1.34 | 1.37 |  | 1.19 | 1.21 | 1.41 | 1.57 | 1.73 |
|  Na/K | 4.22 | 4.62 | 4.98 | 5.43 | 5.56 |  | 3.01 | 3.36 | 4.21 | 4.52 | 4.70 |
|  Protein (g/100g) | 15.88 | 16.03 | 16.59 | 18.13 | 20.38 |  | 16.75 | 17.09 | 18.25 | 18.84 | 19.38 |
|  Fat (g/100g) | 1.25 | 1.54 | 2.15 | 3.09 | 4.20 |  | 0.86 | 1.49 | 2.22 | 2.61 | 3.02 |
|  Carbohydrate (g/100g) | 30.06 | 31.70 | 32.69 | 32.97 | 34.71 |  | 28.31 | 30.78 | 33.22 | 36.71 | 37.77 |
| SFA (g/100g) | 0.36 | 0.46 | 0.71 | 1.12 | 1.27 |  | 0.20 | 0.39 | 0.70 | 0.80 | 0.85 |
| UFA (g/100g) | 0.89 | 1.07 | 1.44 | 1.97 | 2.92 |  | 0.58 | 1.01 | 1.56 | 1.86 | 2.26 |
| MUFA (g/100g) | 0.38 | 0.52 | 0.80 | 1.25 | 1.59 |  | 0.35 | 0.56 | 1.01 | 1.16 | 1.56 |
| PUFA (g/100g) | 0.45 | 0.48 | 0.64 | 0.83 | 1.33 |  | 0.19 | 0.34 | 0.47 | 0.79 | 0.91 |
|  Energy (kcal/100g) | 205.44 | 206.90 | 222.66 | 230.26 | 235.00 |  | 196.02 | 218.10 | 224.07 | 238.07 | 240.23 |
|  Energy from protein (%) | 28.86 | 30.22 | 31.24 | 31.90 | 34.68 |  | 28.10 | 30.57 | 31.86 | 33.66 | 38.26 |
|  Energy from fat (%) | 5.46 | 6.27 | 8.96 | 12.30 | 16.41 |  | 3.47 | 6.02 | 8.81 | 10.38 | 11.75 |
|  Energy from carbohydrate (%) | 52.22 | 57.79 | 59.40 | 61.30 | 63.63 |  | 56.06 | 56.84 | 57.95 | 61.67 | 66.87 |
| Total dishes  |
|  Na (mg/g) | 3.91 | 5.04 | 5.84 | 7.16 | 7.91 |  | 4.22 | 4.77 | 5.48 | 6.38 | 7.98 |
|  K (mg/g) | 1.35 | 2.40 | 3.73 | 5.49 | 6.14 |  | 1.71 | 2.61 | 3.71 | 5.82 | 6.63 |
|  Na/K | 1.04 | 1.27 | 1.50 | 2.25 | 4.54 |  | 0.91 | 1.12 | 1.37 | 1.95 | 3.29 |
|  Protein (g/100g) | 3.38 | 16.78 | 31.22 | 46.91 | 52.75 |  | 3.69 | 18.25 | 38.56 | 50.00 | 58.13 |
|  Fat (g/100g) | 1.45 | 2.48 | 3.36 | 4.65 | 6.20 |  | 0.87 | 1.80 | 2.76 | 4.45 | 6.01 |
|  Carbohydrate (g/100g) | 1.66 | 2.77 | 4.08 | 5.73 | 31.13 |  | 1.78 | 2.21 | 3.67 | 4.68 | 30.15 |
| SFA (g/100g) | 0.38 | 0.67 | 1.09 | 1.44 | 1.83 |  | 0.21 | 0.41 | 0.64 | 1.12 | 1.81 |
| UFA (g/100g) | 0.63 | 1.60 | 2.37 | 3.25 | 4.72 |  | 0.59 | 1.28 | 2.04 | 3.26 | 4.62 |
| MUFA (g/100g) | 0.31 | 0.80 | 1.33 | 1.89 | 2.55 |  | 0.37 | 0.70 | 1.22 | 2.17 | 3.27 |
| PUFA (g/100g) | 0.32 | 0.64 | 0.96 | 1.42 | 2.16 |  | 0.19 | 0.39 | 0.73 | 1.21 | 1.57 |
|  Energy (kcal/100g) | 60.10 | 135.60 | 201.31 | 238.87 | 255.45 |  | 42.99 | 145.99 | 224.85 | 257.14 | 283.22 |
|  Energy from protein (%) | 30.06 | 45.59 | 70.02 | 77.56 | 83.94 |  | 31.47 | 43.00 | 73.74 | 80.60 | 86.99 |
|  Energy from fat (%) | 8.20 | 11.78 | 17.23 | 26.15 | 39.18 |  | 5.77 | 8.80 | 15.04 | 22.21 | 27.52 |
|  Energy from carbohydrate (%) | 3.69 | 5.59 | 9.82 | 19.00 | 57.28 |   | 2.77 | 4.32 | 7.53 | 26.67 | 56.54 |

 SFA, saturated fatty acids; UFA, unsaturated fatty acids; MUFA, monounsaturated fatty acids; PUFA, polyunsaturated fatty acids.

aAnimal food-based dishes consist of sliced pork with dried bean curd, shredded pork with green pepper, stir-fried beef with garlic, stir-fried tomato and scrambled eggs, and stir-fried shredded chicken breast with red chili pepper.

bVegetable/legume-based dishes include pan-fried tofu, and stir-fired sponge gourd.

**Supplemental Table 4** Descriptive statistics of nutrient and energy content in chicken burger and Youtiao (Chinese-style fried dough)

|  |  |  |  |
| --- | --- | --- | --- |
|   | Mean | SD | Median |
| Chicken burger |  |  |  |
|  Na (mg/g) | 7.66 | 0.24 | 7.67 |
|  K (mg/g) | 3.38 | 0.13 | 3.42 |
|  Na/K | 2.27 | 0.04 | 2.27 |
|  Protein (g/100g) | 36.17 | 7.38 | 36.75 |
|  Fat (g/100g) | 3.51 | 1.39 | 3.54 |
|  Carbohydrate (g/100g) | 26.90 | 0.68 | 27.02 |
| SFA (g/100g) | 1.08 | 0.29 | 1.16 |
| UFA (g/100g) | 2.42 | 1.12 | 2.38 |
| MUFA (g/100g) | 1.20 | 0.50 | 1.19 |
| PUFA (g/100g) | 1.22 | 0.62 | 1.19 |
|  Energy (kcal/100g) | 283.89 | 17.87 | 284.03 |
|  Energy from protein (%) | 50.64 | 7.35 | 51.47 |
|  Energy from fat (%) | 11.34 | 5.02 | 11.30 |
|  Energy from carbohydrate (%) | 38.03 | 2.76 | 38.29 |
| Youtiao (Chinese-style fried dough) |  |  |  |
|  Na (mg/g) | 7.37 | 1.50 | 7.66 |
|  K (mg/g) | 2.22 | 0.49 | 2.16 |
|  Na/K | 3.43 | 0.98 | 3.62 |
|  Protein (g/100g) | 23.56 | 2.22 | 22.75 |
|  Fat (g/100g) | 3.06 | 0.96 | 3.09 |
|  Carbohydrate (g/100g) | 48.34 | 4.02 | 49.88 |
| SFA (g/100g) | 0.86 | 0.67 | 0.81 |
| UFA (g/100g) | 2.19 | 0.87 | 2.23 |
| MUFA (g/100g) | 1.42 | 0.77 | 1.29 |
| PUFA (g/100g) | 0.77 | 0.22 | 0.82 |
|  Energy (kcal/100g) | 315.13 | 22.18 | 316.02 |
|  Energy from protein (%) | 29.94 | 2.31 | 30.44 |
|  Energy from fat (%) | 8.70 | 2.57 | 8.93 |
|  Energy from carbohydrate (%) | 61.36 | 2.93 | 61.03 |

SD, standard deviation; SFA, saturated fatty acids; UFA, unsaturated fatty acids; MUFA, monounsaturated fatty acids; PUFA, polyunsaturated fatty acids.

**Supplemental Table 5** Differences in macronutrient and energy content of chicken burgers prepared by fast food restaurants in comparison with meat-based dishes prepared by full-service restaurants or householdsa

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|   | Chicken burgers from fast food restaurants |   | Meat-based dishes from full-service restaurants |   | Meat-based dishes from households |
|  | Mean | SD |  | Mean | SD |  | Mean | SD |
| Protein (g/100g) | 36.17\*,† | 7.38 |  | 45.07 | 7.75 |  | 52.06 | 7.91 |
| Fat (g/100g) | 3.51 | 1.39 |  | 3.86 | 1.68 |  | 3.99 | 2.13 |
| Carbohydrate (g/100g) | 26.90\*,† | 0.68 |  | 4.16 | 1.75 |  | 3.39 | 1.47 |
| Energy (kcal/100g) | 283.89\* | 17.87 |  | 231.71 | 28.83 |  | 257.74 | 29.78 |
| Energy from protein (%) | 50.64\*,† | 7.35 |  | 77.54 | 6.89 |  | 80.73 | 6.89 |
| Energy from fat (%) | 11.34 | 5.02 |  | 15.05 | 6.12 |  | 13.87 | 7.09 |
| Energy from carbohydrate (%) | 38.03\*,† | 2.76 |   | 7.41 | 3.33 |   | 5.40 | 2.63 |

SD, standard deviation.

aMeat-based dishes consist of sliced pork with dried bean curd, shredded pork with green pepper, stir-fried beef with garlic, and stir-fried shredded chicken breast with red chili pepper.

\*indicates significant difference from meat-based dishes prepared by full-service restaurants at *P*<0.05.

†indicates significant difference from meat-based dishes prepared by households at *P*<0.05.