**Supplemental Table 1 - Sodium concentration of pre-packaged foods in the Hong Kong food supply in 2017**

| **Food group** |  | **Sodium concentration1** | | **Low Sodium2 (%)** | **High sodium3 (%)** |
| --- | --- | --- | --- | --- | --- |
| ***n*** | **Median (IQR)** | **Range** |
| **Bread and bakery products** | 1120 | 322 (189 - 476) | 0 - 2000 | 11.7 | 11.8 |
| *Biscuits* | 675 | 312 (189 - 486) | 1 - 1730 | 9.8 | 13.9 |
| Plain dry biscuits | 100 | 481 (396 - 609) | 1 - 1100 | 6 | 26 |
| Savoury biscuits | 114 | 579 (417 - 767) | 10 - 1730 | 2.6 | 49.1 |
| Sweet filled biscuits | 183 | 201 (132 - 310) | 26 - 600 | 20.2 | 0 |
| Sweet unfilled biscuits | 276 | 289 (192 - 390) | 26 - 1034 | 6.5 | 4.3 |
| *Bread* | 122 | 438 (359 - 494) | 124 - 2000 | 0 | 8.2 |
| Flat bread | 5 | 521 (350 - 618) | 260 - 692 | 0 | 20 |
| Fruit bread | 7 | 350 (230 - 371) | 221 - 397 | 0 | 0 |
| Mixed grain bread | 8 | 476 (428 - 508) | 221 - 540 | 0 | 0 |
| Other bread | 69 | 425 (252 - 485) | 124 - 2000 | 0 | 11.6 |
| White bread | 24 | 460 (426 - 520) | 287 - 670 | 0 | 4.2 |
| Wholemeal bread | 9 | 396 (369 - 444) | 369 - 540 | 0 | 0 |
| *Cakes, muffins and pastries* | 323 | 300 (154 - 431) | 0 - 1520 | 20.1 | 8.7 |
| Cake mixes | 93 | 489 (361 - 642) | 1 - 1520 | 2.2 | 29 |
| Cakes | 129 | 205 (93 - 352) | 6 - 561 | 30.2 | 0 |
| Pastries | 101 | 229 (125 - 382) | 0 - 820 | 23.8 | 1 |
| **Cereal and grain products** | 1649 | 127 (4 - 1001) | 0 - 27000 | 48.6 | 33.4 |
| *Breakfast cereals* | 315 | 92 (8 - 328) | 0 - 1636 | 54.6 | 7 |
| Hot cereal | 83 | 5 (0 - 120) | 0 - 1636 | 74.7 | 8.4 |
| Ready-to-eat cereal | 232 | 125 (20 - 348) | 0 - 867 | 47.4 | 6.5 |
| *Nut-based bars* | 24 | 44 (18 - 100) | 9 - 465 | 79.2 | 0 |
| *Cereal-based bars* | 59 | 127 (64 - 232) | 11 - 440 | 47.5 | 0 |
| *Puff-based bars* | 4 | 250 (71 - 321) | 11 - 344 | 25 | 0 |
| *Couscous* | 4 | 56 (6 - 100) | 4 - 100 | 100 | 0 |
| *Noodles* | 615 | 1377 (590 - 1999) | 0 - 7930 | 11.7 | 74.3 |
| Flavored noodles | 381 | 1798 (1238 - 2248) | 256 - 7930 | 0 | 95 |
| Plain noodles | 234 | 319 (75 - 1000) | 0 - 2900 | 30.8 | 40.6 |
| *Pasta* | 231 | 5 (2 - 30) | 0 - 2465 | 78.8 | 13 |
| Canned pasta | 7 | 160 (152 - 160) | 120 - 280 | 0 | 0 |
| Fresh pasta | 5 | 580 (527 - 663) | 500 - 725 | 0 | 20 |
| Packet pasta | 34 | 979 (691 - 1762) | 0 - 2465 | 14.7 | 76.5 |
| Plain dry pasta | 178 | 4 (0 - 10) | 0 - 800 | 98.9 | 1.1 |
| Stuffed pasta | 3 | 356 (240 - 620) | 240 - 620 | 0 | 33.3 |
| Canned pasta with accompaniments | 2 | 293 (na) | 267 - 320 | 0 | 0 |
| Gnocchi | 2 | 193 (na) | 16 - 370 | 50 | 0 |
| *Rice* | 181 | 1 (0 - 3) | 0 - 920 | 96.1 | 2.2 |
| Flavoured rice | 7 | 720 (240 - 840) | 164 - 920 | 0 | 57.1 |
| Plain rice | 174 | 1 (0 - 3) | 0 - 40 | 100 | 0 |
| *Flour* | 50 | 5 (0 - 400) | 0 - 1333 | 72 | 18 |
| *Other cereal and grain products* | 166 | 22 (3 - 360) | 0 - 27000 | 68.7 | 17.5 |
| **Confectionery** | 919 | 38 (6 - 80) | 0 - 3875 | 85.7 | 0.9 |
| *Chocolate-based confectionery* | 372 | 66 (29 - 100) | 0 - 380 | 80.4 | 0 |
| *Sugar-based confectionery* | 397 | 17 (0 - 50) | 0 - 1900 | 90.2 | 0.5 |
| *Other confectionery* | 150 | 35 (0 - 64) | 0 - 3875 | 87.3 | 4 |
| **Convenience foods** | 593 | 406 (242 - 600) | 0 - 10956 | 15.2 | 24.5 |
| *Pizza* | 12 | 502 (422 - 546) | 200 - 580 | 0 | 0 |
| *Pre-prepared salads and sandwiches* | 1 | 1363 (na) | 1364 - 1364 | 0 | 100 |
| *Ready meals* | 417 | 410 (249 - 586) | 0 – 3205 | 16.8 | 23 |
| Ambient ready meals | 90 | 511 (360 - 651) | 2 – 2036 | 4.4 | 28.9 |
| Chilled ready meals | 119 | 222 (52 - 528) | 0 – 3205 | 43.7 | 20.2 |
| Frozen ready meals | 208 | 420 (319 - 578) | 11 – 2339 | 6.7 | 22.1 |
| *Soup* | 158 | 343 (236 - 657) | 0 – 10956 | 12 | 30.4 |
| *Other frozen foods* | 5 | 306 (155 - 420) | 116 – 441 | 20 | 0 |
| **Dairy** | 1088 | 52 (36 - 96) | 0 – 3500 | 77.2 | 11.8 |
| *Cheese* | 186 | 700 (560 - 1037) | 150 – 3500 | 0 | 67.7 |
| Hard and semi-hard cheese | 82 | 700 (607 - 885) | 191 - 1903 | 0 | 75.6 |
| High-salt hard cheeses | 7 | 1035 (1035 - 1260) | 860 - 1500 | 0 | 100 |
| Other hard and semi-hard cheeses | 75 | 679 (600 - 808) | 191 - 1903 | 0 | 73.3 |
| Processed cheese | 75 | 960 (650 - 1400) | 150 - 3500 | 0 | 77.3 |
| Soft cheese | 29 | 379 (316 - 570) | 160 - 936 | 0 | 20.7 |
| Flavored soft cheese | 6 | 520 (353 - 714) | 278 - 936 | 0 | 50 |
| Plain soft cheese | 23 | 379 (310 - 560) | 160 - 900 | 0 | 13 |
| Sheep/goat milk cheese | 1 | 596 (na) | 596 - 596 | 0 | 0 |
| Paneer | 1 | 150 (na) | 150 - 150 | 0 | 0 |
| *Cream* | 20 | 32 (30 - 59) | 0 - 100 | 100 | 0 |
| *Desserts* | 140 | 35 (13 - 69) | 0 - 796 | 82.1 | 1.4 |
| Dessert mixes | 49 | 41 (16 - 174) | 0 - 796 | 65.3 | 4.1 |
| Prepared desserts | 91 | 31 (10 - 62) | 0 - 250 | 91.2 | 0 |
| *Ice cream and edible ices* | 172 | 47 (33 - 62) | 0 - 176 | 97.1 | 0 |
| *Milk* | 340 | 45 (30 - 62) | 0 - 460 | 92.1 | 0 |
| Dairy milk | 163 | 50 (44 - 88) | 17 - 460 | 84 | 0 |
| Condensed milk | 10 | 95 (88 - 123) | 67 - 170 | 70 | 0 |
| Evaporated milk | 7 | 114 (100 - 125) | 96 - 137 | 71.4 | 0 |
| Flavored dairy milk | 31 | 47 (41 - 64) | 17 - 95 | 100 | 0 |
| Plain dairy milk | 93 | 45 (41 - 53) | 34 - 84 | 100 | 0 |
| Powdered milk | 22 | 321 (290 - 357) | 112 - 460 | 4.5 | 0 |
| Other milk | 50 | 47 (40 - 613) | 0 - 280 | 98 | 0 |
| Soy milk | 90 | 25 (5 - 56) | 0 - 105 | 100 | 0 |
| Probiotic drinks | 15 | 19 (15 - 30) | 10 - 69 | 100 | 0 |
| Coconut milk and cream | 20 | 21 (15.5 - 25) | 10 - 88 | 100 | 0 |
| Lactose-free milk | 2 | 39 (na) | 38 - 40 | 100 | 0 |
| *Yoghurt and yoghurt drinks* | 228 | 50 (40 - 64) | 10 - 120 | 98.7 | 0 |
| **Edible oils and oil emulsions** | 196 | 0 (0 - 4) | 0 - 1300 | 80.1 | 5.6 |
| *Cooking oils* | 126 | 0 (0 - 0) | 0 - 4 | 100 | 0 |
| *Edible oils* | 56 | 380 (12 - 593) | 0 - 1300 | 30.4 | 19.6 |
| Butter | 30 | 527 (360 - 696) | 160 - 1300 | 0 | 30 |
| Margarine | 9 | 510 (350 - 635) | 340 - 700 | 0 | 22.2 |
| Other edible oils | 2 | 0 (na) | 0 - 0 | 100 | 0 |
| Unsalted butter | 15 | 10 (0 - 12) | 0 - 50 | 100 | 0 |
| *Cooking oil spray* | 5 | 0 (0 - 0) | 0 - 0 | 100 | 0 |
| *Coconut oil* | 9 | 0 (0 - 0) | 0 - 0 | 100 | 0 |
| **Eggs** | 76 | 140 (138 - 158) | 92 - 2561 | 1.3 | 9.2 |
| **Fish and fish products** | 359 | 531 (364 - 791) | 8 - 6400 | 5.6 | 42.6 |
| *Canned fish* | 179 | 400 (350 - 612) | 84 - 6400 | 1.1 | 25.7 |
| Anchovies | 1 | 6400 (na) | 6400 - 6400 | 0 | 100 |
| Canned salmon | 11 | 385 (352 - 430) | 270 - 868 | 0 | 18.2 |
| Canned sardines | 47 | 400 (353 - 540) | 135 - 1089 | 0 | 19.1 |
| Canned tuna | 68 | 399 (280 - 435) | 84 - 810 | 2.9 | 5.9 |
| Other canned fish | 47 | 700 (489 - 1138) | 250 - 3202 | 0 | 61.7 |
| Canned shellfish | 4 | 306 (211 - 640) | 201 - 730 | 0 | 25 |
| Canned herring | 1 | 200 (na) | 200 - 200 | 0 | 0 |
| *Chilled fish* | 19 | 1000 (720 - 1170) | 449 - 1900 | 0 | 84.2 |
| *Frozen fish* | 17 | 94 (54 - 538) | 19 - 1860 | 52.9 | 17.6 |
| *Other fish products* | 144 | 669 (492 - 923) | 8 - 2200 | 6.3 | 61.1 |
| **Fruit and vegetables** | 1301 | 120 (10 - 620) | 0 - 39000 | 50 | 25.1 |
| *Fruit* | 256 | 12 (3 - 71) | 0 - 30200 | 77.7 | 10.5 |
| Coconut | 3 | 33 (33 - 33) | 33 - 33 | 100 | 0 |
| Dried fruit | 136 | 12 (3 - 98) | 0 - 30200 | 75.7 | 14 |
| Fruit bars | 15 | 146 (59 - 208) | 5 - 275 | 33.3 | 0 |
| Fruit in juice/syrup | 64 | 4 (0 - 14) | 0 - 71 | 100 | 0 |
| Other fruit-based products | 29 | 85 (22 - 699) | 0 - 6880 | 51.7 | 27.6 |
| Yoghurt-coated fruit products | 3 | 71 (67 - 80) | 67 - 80 | 100 | 0 |
| Fruit bites | 1 | 0 (na) | 0 - 0 | 100 | 0 |
| Fruit purees | 4 | 10 (10 - 39) | 10 - 49 | 100 | 0 |
| Fresh and frozen packaged fruit | 1 | 0 (na) | 0 - 0 | 100 | 0 |
| *Herbs and spices* | 321 | 298 (26 - 20658) | 0 - 39000 | 46.1 | 47 |
| Curry powder | 12 | 342 (127 - 2644) | 0 - 5736 | 25 | 33.3 |
| Spices | 136 | 30 (10 - 91) | 0 - 19644 | 77.9 | 11.8 |
| Salt | 55 | 38720 (37000 - 39000) | 25300 - 39000 | 0 | 100 |
| Seasoning | 80 | 15820 (6752 - 27269) | 52- 39000 | 1.3 | 95 |
| Herbs | 38 | 26 (15 - 51) | 0 - 88 | 100 | 0 |
| *Jam and marmalades* | 102 | 6 (0 - 15) | 0 - 147 | 98 | 0 |
| *Nuts and seeds* | 290 | 179 (5 - 380) | 0 - 1210 | 46 | 7 |
| Salted nuts | 116 | 339 (247 - 459) | 12 - 1210 | 8.6 | 8.6 |
| Unsalted nuts | 88 | 2 (0 - 9) | 0 - 19 | 100 | 0 |
| Coated nuts | 45 | 332 (199 - 508) | 0 - 1171 | 8.9 | 20 |
| Seeds | 36 | 27 (4- 63) | 0 - 661 | 80.6 | 2.6 |
| *Vegetables* | 337 | 343 (154 - 1200) | 0 - 7852 | 21.4 | 38 |
| Canned vegetables | 164 | 224 (76 - 300) | 0 - 1970 | 31.7 | 4.9 |
| Baked beans without accompaniments | 15 | 307 (280 - 400) | 164 - 500 | 0 | 0 |
| Baked beans with accompaniments | 1 | 271 (na) | 271 - 271 | 0 | 0 |
| Canned corn | 18 | 265 (213 - 281) | 0 - 335 | 16.7 | 0 |
| Canned legumes | 54 | 166 (20 - 289) | 0 - 481 | 44.4 | 0 |
| Canned tomatoes | 39 | 120 (10 - 167) | 0 - 272 | 48.7 | 0 |
| Canned asparagus | 2 | 266 (na) | 264 - 267 | 0 | 0 |
| Canned beetroot | 3 | 236 (208 - 250) | 208 - 250 | 0 | 0 |
| Canned mushrooms | 16 | 540 (246 - 689) | 8 - 1970 | 6.3 | 37.5 |
| Other canned vegetables | 16 | 275 (26 - 552) | 4 - 1009 | 31.3 | 12.5 |
| *Dried vegetables* | 18 | 1917 (330 - 2875) | 5 - 6614 | 11.1 | 61.1 |
| *Frozen potato products* | 2 | 111 (na) | 9 - 212 | 50 | 0 |
| *Frozen vegetables* | 17 | 15 (7 - 76) | 0 - 194 | 88.2 | 0 |
| *Pickled vegetables* | 136 | 1255 (718 - 1908) | 12 - 7852 | 1.5 | 80.1 |
| **Meat and meat products** | 501 | 800 (632 - 1068) | 0 - 5300 | 6.4 | 79 |
| *Meat alternatives* | 49 | 536 (24 - 925) | 0 - 1400 | 38.8 | 42.9 |
| Meat-free products | 31 | 887 (581 - 1068) | 110 - 1400 | 3.2 | 67.7 |
| Tofu | 18 | 101 (5 - 25) | 0 - 95 | 100 | 0 |
| *Processed meat* | 452 | 802 (660 - 1110) | 60 - 5300 | 2.9 | 83 |
| Bacon | 29 | 1010 (760 - 1386) | 517 - 2571 | 0 | 93.1 |
| Canned meat | 103 | 800 (652 - 937) | 260 - 3920 | 0 | 89.3 |
| Frozen and chilled meat | 42 | 400 (85 - 612) | 60 - 1719 | 31 | 28.6 |
| Meat burgers | 9 | 500 (383 - 605) | 294 - 1737 | 0 | 22.2 |
| Salami and cured meats | 45 | 1840 (1516 - 2120) | 696 - 5300 | 0 | 100 |
| Sausages | 81 | 720 (680 - 802) | 395 - 1240 | 0 | 90.1 |
| Hotdogs | 11 | 765 (700 - 929) | 532 - 1448 | 0 | 90.9 |
| Sliced meat (excl salami and other cured meat) | 58 | 994 (804 - 1211) | 196 - 2133 | 0 | 91.4 |
| Dried meat | 20 | 1490 (1179 - 1842) | 848 - 2244 | 0 | 100 |
| Pate and meat spreads | 17 | 710 (499- 750) | 272 - 1018 | 0 | 58.8 |
| Other meat products | 32 | 823 (664 - 938) | 324 - 2714 | 0 | 84.4 |
| Roast chicken | 5 | 769 (526 - 877) | 442 - 984 | 0 | 80 |
| **Non-alcoholic beverages** | 1666 | 10 (1 - 34) | 0 - 19900 | 88.6 | 0.9 |
| *Coffee and tea* | 576 | 10 (0 - 72) | 0 - 1707 | 81.6 | 1.2 |
| Tea | 277 | 2 (0 - 10) | 0 - 1707 | 94.9 | 1.4 |
| Coffee | 283 | 51 (223 - 164) | 0 – 970 | 67.8 | 1.1 |
| Hot chocolate | 3 | 49 (20 - 58) | 20 – 58 | 100 | 0 |
| Other flavorings for milk | 7 | 0 (0 - 50) | 0 – 140 | 85.7 | 0 |
| Raw cocoa powder | 6 | 5(4 - 15) | 0 – 23 | 100 | 0 |
| *Cordials* | 76 | 19 (1 - 85) | 0 – 225 | 86.8 | 0 |
| *Electrolyte drinks* | 22 | 45 (30 - 49) | 0 – 745 | 90.9 | 9.1 |
| *Energy drinks* | 15 | 7 (0 - 41) | 0 – 80 | 100 | 0 |
| *Fruit and vegetable juices* | 327 | 4 (0 - 12) | 0 – 750 | 96.9 | 0.3 |
| *Soft drinks* | 470 | 11 (4 - 20) | 0 – 400 | 98.9 | 0 |
| *Waters* | 86 | 4 (1 - 17) | 0 – 50 | 100 | 0 |
| *Beverage mixes* | 94 | 140 (32 - 301) | 0 - 19900 | 39.4 | 5.3 |
| **Sauces, dressings, spreads and dips** | 1244 | 1180 (446 - 3520) | 0 - 34130 | 12 | 68.1 |
| *Mayonnaise and salad dressings* | 206 | 646 (24 - 1150) | 0 - 4000 | 35 | 51.5 |
| Salad dressings | 84 | 1100 (715 - 1585) | 20 - 2750 | 2.4 | 84.5 |
| Mayonnaise (not reduced fat/calorie) | 22 | 609 (539 - 803) | 326 - 1340 | 0 | 50 |
| Mayonnaise (reduced fat/calorie only) | 9 | 680 (653 - 740) | 600 - 1058 | 0 | 88.9 |
| Vinegars | 91 | 20 (0 - 67) | 0 - 4000 | 76.9 | 17.6 |
| *Sauces* | 939 | 1920 (625 - 4415) | 0 - 34130 | 5.8 | 75.9 |
| Asian sauces | 259 | 4056 (1600 - 6500) | 0 - 11558 | 10.8 | 88.8 |
| Gravies | 13 | 5020 (4737 - 5442) | 3286 - 10292 | 0 | 100 |
| Stocks | 43 | 382 (238 - 7525) | 50 - 34130 | 7 | 32.6 |
| Marinades | 38 | 2773 (2040 - 4528) | 1133 - 7987 | 0 | 100 |
| Meal-based sauces | 238 | 3235 (1275 - 4600) | 97 - 11000 | 0.4 | 91.2 |
| Ambient meal-based sauces | 125 | 2835 (1039 - 4535) | 245 - 10108 | 0 | 91.2 |
| Curry pastes | 24 | 3586 (1511 - 4680) | 610 - 6580 | 0 | 100 |
| Liquid recipe bases | 56 | 2944 (1369 - 4437) | 339 - 11000 | 0 | 87.5 |
| Powdered meal-based sauce mixes | 33 | 4250 (2697 - 5303) | 97 - 8504 | 3 | 90.9 |
| Meat accompaniment | 26 | 75 (0 - 1843) | 0 - 3200 | 53.8 | 38.5 |
| Mustard | 27 | 1600 (1200 - 2400) | 500 - 8500 | 0 | 96.3 |
| Other sauces | 9 | 1000 (673 - 1174) | 569 - 1617 | 0 | 88.9 |
| Pasta sauces | 142 | 429 (362 - 641) | 14 - 3435 | 0.7 | 29.6 |
| Pesto | 19 | 1200 (902 - 1350) | 525 - 2978.5 | 0 | 89.5 |
| Table sauces | 125 | 1133 (686 - 2250) | 20 - 5968 | 5.6 | 78.4 |
| BBQ sauce | 18 | 760 (685 - 925) | 560 - 1133 | 0 | 88.9 |
| Chilli sauce | 66 | 2009 (1260 - 2933) | 27 - 5968 | 1.5 | 92.4 |
| Steak/Worcestershire sauces | 5 | 1700 (675 - 2450) | 550 - 2700 | 0 | 80 |
| Tomato sauce | 20 | 1059 (916 - 1157) | 160 - 1933 | 0 | 85 |
| Tomato paste | 16 | 200 (53 - 453) | 20 - 600 | 37.5 | 0 |
| *Spreads and dips* | 99 | 406 (184 - 660) | 0 - 4300 | 23.2 | 28.3 |
| Dips | 24 | 461 (354 - 667) | 202 - 788 | 0 | 33.3 |
| Other spreads | 9 | 93 (28 - 1825) | 10 - 4300 | 55.6 | 22.2 |
| Peanut butter | 26 | 390 (208 - 469) | 0 - 500 | 11.5 | 0 |
| Savory spreads | 21 | 933 (584 - 1180) | 0 - 1600 | 9.5 | 76.2 |
| Other spreads | 13 | 115 (11 - 502) | 0 - 800 | 53.8 | 15.4 |
| Other nut-based spreads | 6 | 223 (8 - 88) | 0 - 88 | 100 | 0 |
| **Snack foods** | 550 | 650 (453 - 926) | 0 - 4074 | 1.8 | 55.8 |
| *Crisps and snacks* | 550 | 650 (453 - 926) | 0 - 4074 | 1.8 | 55.8 |
| Corn chips | 19 | 411 (120 - 633) | 0 - 750 | 5.3 | 36.8 |
| Extruded snacks | 143 | 675 (419 - 893) | 25 - 1560 | 3.5 | 58.7 |
| Other snack foods | 127 | 802 (570 - 1200) | 30 - 3200 | 0.8 | 73.2 |
| Potato crisps | 160 | 546 (464 - 667) | 143 - 1733 | 0 | 36.3 |
| Snack packs | 8 | 519 (296 - 629) | 180 - 1258 | 0 | 25 |
| Popcorn | 9 | 668 (351 - 855) | 107 - 1000 | 11.1 | 55.6 |
| Pretzels | 15 | 1164 (865 - 1322) | 390 - 1750 | 0 | 93.3 |
| Wholegrain chips | 2 | 643 (na) | 536 - 750 | 0 | 50 |
| Vege-based snacks | 66 | 973 (402 - 1518) | 36 - 4074 | 3 | 63.6 |
| **Sugars, honey and related products** | 256 | 6 (0 - 14) | 0 - 330 | 92.2 | 0 |

1Units for sodium concentration include both mg/100 g for foods and mg/100 mL for beverages. 2Threshold value for low sodium: sodium concentration <120 mg/100 g or mg/100 mL of food/beverage. 3Threshold value for high sodium: sodium concentration >600 mg/100 g or mg/100 mL of food/beverage. IQR = Interquartile Range; na = not applicable (where IQR could not be calculated due to too few products).