

Supplementary Table S1: Changes in sodium levels in Canadian packaged foods from 2010 to 2013

	Year	n	Sodium Mean (mg/Serv)	Sodium Mean (mg/100g)	Sodium Percentiles (mg/100g)						Mean %Δ	P value
					Min	10 th	25 th	50 th	75 th	Max		
BAKERY PRODUCTS												
Packaged Bread Products	2010	379	266 ± 117	448 ± 125	11	298	368	446	521	976	-6.7	0.012
	2013	445	242 ± 100	418 ± 129	0	267	351	413	507	782		
<i>Bread with Raisins</i>	2010	8	239 ± 88	383 ± 88	250	250	348	376	403	563	-21.1	0.190
	2013	15	179 ± 76	302 ± 104	11	191	233	329	378	408		
<i>English Muffins</i>	2010	25	245 ± 70	462 ± 190	172	281	343	400	574	773	-35.3	0.008
	2013	24	174 ± 59	299 ± 77	211	213	219	317	368	404		
<i>Bagels</i>	2010	39	304 ± 133	411 ± 107	200	283	322	383	500	647	-13.4	0.198
	2013	37	260 ± 125	356 ± 125	0	267	333	373	400	596		
<i>Flatbreads</i>	2010	66	251 ± 118	401 ± 133	12	253	360	407	442	976	-8.0	0.071
	2013	62	206 ± 86	369 ± 112	12	250	302	386	421	689		
<i>Pantry Bread</i>	2010	81	269 ± 95	432 ± 97	259	303	356	424	506	674	-6.7	0.684
	2013	117	243 ± 105	403 ± 128	0	235	333	405	507	708		
<i>Pantry Rolls and Buns</i>	2010	48	281 ± 87	488 ± 88	183	380	461	500	524	708	-9.0	0.003
	2013	62	265 ± 91	444 ± 78	224	357	391	448	500	578		
<i>Diet Bread</i>	2010	8	208 ± 24	492 ± 56	422	422	446	476	548	571	-8.1	0.358
	2013	6	190 ± 35	452 ± 82	381	381	381	429	548	548		
<i>Croissants</i>	2010	2	100 ± 35	348 ± 171	227	227	227	348	469	469	23.0	1.00

	Year	n	Sodium Mean (mg/Serv)	Sodium Mean (mg/100g)	Sodium Percentiles (mg/100g)						Mean %Δ	P value
					Min	10 th	25 th	50 th	75 th	Max		
	2013	4	193 ± 109	428 ± 150	227	227	328	449	528	587		
<i>Pizza Crusts</i>	2010	9	521 ± 247	551 ± 80	381	381	511	579	600	623	-7.6	0.821
	2013	13	377 ± 113	509 ± 148	244	286	430	580	614	723		
<i>Hearth Bread</i>	2010	70	214 ± 90	447 ± 125	11	277	357	468	527	636	8.1	0.136
	2013	69	240 ± 70	483 ± 104	11	375	450	500	540	651		
<i>Bread w/ Additions</i>	2010	23	323 ± 107	580 ± 109	321	424	525	600	660	794	-8.6	0.374
	2013	36	288 ± 98	530 ± 141	18	360	464	553	604	782		
Tortilla and Wraps	2010	27	345 ± 169	603 ± 200	20	441	515	667	738	827	7.3	0.689
	2013	63	378 ± 132	647 ± 138	246	441	588	680	750	881		
Cookies	2010	309	90 ± 48	298 ± 141	18	121	189	294	393	900	-7.0	0.344
	2013	398	84 ± 47	277 ± 128	0.4	100	185	286	360	667		
Granola and Cereal Bars	2010	172	88 ± 37	279 ± 108	13	150	200	269	333	553	-9.0	0.020
	2013	200	83 ± 36	254 ± 99	16	150	187	243	304	553		
Dry Bread	2010	65	160 ± 82	656 ± 292	0	261	500	725	863	1399	1.5	0.800
	2013	107	176 ± 110	666 ± 274	0	292	475	675	857	1250		
Crackers	2010	268	156 ± 94	749 ± 376	0	357	500	676	951	2105	-1.3	0.537
	2013	301	155 ± 80	739 ± 316	0	375	525	700	900	1857		
Toaster Pastries	2010	12	187 ± 23	364 ± 48	320	320	320	352	390	460	-5.5	0.434
	2013	11	179 ± 19	344 ± 41	315	315	315	320	352	440		
Tea Biscuits and Scones	2010	11	446 ± 205	621 ± 208	130	417	483	683	776	812	-10.5	0.753

	Year	n	Sodium Mean (mg/Serv)	Sodium Mean (mg/100g)	Sodium Percentiles (mg/100g)						Mean %Δ	P value
					Min	10 th	25 th	50 th	75 th	Max		
	2013	21	347 ± 196	556 ± 187	196	325	417	587	690	812		
Pancakes, Waffles, French Toast	2010	71	411 ± 81	531 ± 110	248	404	462	515	614	775	-5.5	0.154
	2013	92	415 ± 146	502 ± 119	242	357	425	506	599	769		
Breadcrumbs and Croutons	2010	53	79 ± 35	878 ± 305	133	450	714	929	1143	1357	1.9	0.732
	2013	64	138 ± 135	895 ± 392	133	357	586	904	1175	1800		
Baked Desserts	2010	379	224 ± 128	301 ± 145	25	143	193	280	388	1408	-1.0	0.512
	2013	482	217 ± 109	298 ± 128	18	150	204	298	371	956		
Dough and Pastry	2010	29	168 ± 142	503 ± 242	246	246	318	429	679	1074	1.8	1.00
	2013	48	177 ± 171	512 ± 250	172	260	314	434	683	1154		
BREAKFAST CEREAL												
Ready to Eat Breakfast Cereals	2010	230	144 ± 89	375 ± 246	0	33	173	383	552	933	-19.7	0.001
	2013	250	112 ± 81	301 ± 242	0	7	82	255	481	929		
Instant Hot Cereal	2010	50	176 ± 56	453 ± 141	200	267	319	464	576	711	-15.0	0.011
	2013	60	149 ± 63	385 ± 155	0	201	300	442	475	778		
CHEESE												
Natural Cheese	2010	348	204 ± 103	659 ± 311	125	333	500	667	733	2533	5.3	0.908
	2013	437	206 ± 96	694 ± 405	12	333	500	667	733	3000		
<i>Cottage Cheese</i>	2010	23	353 ± 122	292 ± 91	195	212	230	244	344	480	-11.3	0.710
	2013	28	307 ± 109	259 ± 88	12	195	232	248	324	425		
<i>Cream Cheese</i>	2010	57	108 ± 32	473 ± 138	267	333	350	467	533	867	0.2	0.998

	Year	n	Sodium Mean (mg/Serv)	Sodium Mean (mg/100g)	Sodium Percentiles (mg/100g)						Mean %Δ	P value
					Min	10 th	25 th	50 th	75 th	Max		
	2013	62	123 ± 72	474 ± 137	167	333	383	450	533	867		
<i>Soft Unripened Goat Cheese</i>	2010	21	142 ± 41	482 ± 138	217	333	393	464	571	700	-6.6	0.802
	2013	25	131 ± 30	450 ± 106	267	283	367	467	536	607		
<i>Brie and Camembert</i>	2010	29	194 ± 33	651 ± 108	533	533	533	633	733	867	-7.5	0.206
	2013	21	182 ± 24	602 ± 74	533	533	533	567	636	800		
<i>Natural Cheeses i.e., Cheddar, Mozzarella, Swiss, Shredded</i>	2010	168	187 ± 49	642 ± 134	125	467	633	667	700	967	0.0	0.763
	2013	228	189 ± 49	642 ± 135	117	467	600	667	707	893		
<i>Feta and other brined cheeses</i>	2010	36	331 ± 127	1096 ± 420	533	867	967	967	1015	2500	-4.1	0.999
	2013	40	334 ± 126	1051 ± 247	667	867	967	983	1000	1733		
<i>Hard Cheese, Grated and Ungrated</i>	2010	14	333 ± 153	1286 ± 575	650	867	933	1087	1367	2533	28.5	0.060
	2013	33	306 ± 93	1652 ± 739	643	667	1067	1536	2200	3000		
Processed Cheese Products	2010	47	382 ± 131	1467 ± 378	310	935	1381	1600	1714	2000	4.0	0.948
	2013	56	383 ± 122	1525 ± 313	788	1000	1390	1619	1758	1905		
Dairy-Free Cheese and Spreads	2010	6	230 ± 91	953 ± 435	400	400	400	1143	1316	1316	-2.6	0.766
	2013	12	245 ± 70	928 ± 296	400	411	757	1017	1143	1263		
FATS AND OILS												
Margarine, Salted	2010	49	67 ± 11	672 ± 110	300	550	600	700	700	1000	-2.8	0.856
	2013	49	65 ± 9	653 ± 93	300	600	600	650	700	850		
Butter, Salted	2010	20	67 ± 13	670 ± 127	550	550	600	600	800	950	-0.9	0.998
	2013	19	67 ± 18	664 ± 188	71	550	600	600	800	950		

	Year	n	Sodium Mean (mg/Serv)	Sodium Mean (mg/100g)	Sodium Percentiles (mg/100g)						Mean %Δ	P value
					Min	10 th	25 th	50 th	75 th	Max		
Mayonnaise	2010	96	138 ± 41	882 ± 243	375	567	742	900	1000	1500	-5.4	0.236
	2013	124	129 ± 38	834 ± 225	267	533	656	833	1000	1467		
Salad Dressing	2010	163	158 ± 67	948 ± 328	233	531	781	938	1125	1813	-8.9	0.101
	2013	167	146 ± 67	864 ± 381	12	406	688	867	1000	2600		
FISH AND SEAFOOD												
Canned Tuna	2010	28	186 ± 63	312 ± 107	83	117	250	309	393	500	-9.0	0.508
	2013	46	164 ± 61	284 ± 108	27	117	250	294	327	596		
Other Canned Fish and Seafood	2010	109	302 ± 136	390 ± 134	80	235	298	400	473	774	42.8	0.126
	2013	121	339 ± 174	557 ± 804	45	244	327	400	536	6000		
Imitation and Simulated Seafood	2010	7	539 ± 75	602 ± 50	553	553	553	588	647	670	-26.2	0.002
	2013	11	408 ± 59	444 ± 81	330	330	330	478	506	553		
Frozen Fish and Seafood	2010	174	427 ± 192	474 ± 259	45	200	300	424	580	1436	11.0	0.443
	2013	219	506 ± 934	526 ± 831	24	200	289	400	595	8796		
<i>Breaded or Battered Fish</i>	2010	68	451 ± 170	442 ± 159	150	248	314	420	551	820	-4.3	0.880
	2013	66	453 ± 151	423 ± 146	139	250	310	416	510	820		
<i>Breaded or Battered Seafood</i>	2010	14	414 ± 177	622 ± 138	310	407	559	659	735	800	-13.1	0.382
	2013	17	400 ± 215	540 ± 178	267	290	400	536	704	800		
<i>Fish with Sodium Phosphate</i>	2010	8	124 ± 66	127 ± 62	45	45	82	108	195	200	26.0	0.800
	2013	14	166 ± 89	160 ± 85	24	82	112	160	190	390		
<i>Seafood with Sodium</i>	2010	17	511 ± 224	463 ± 160	173	238	350	500	580	750	-11.9	0.661

	Year	n	Sodium Mean (mg/Serv)	Sodium Mean (mg/100g)	Sodium Percentiles (mg/100g)						Mean %Δ	P value
					Min	10 th	25 th	50 th	75 th	Max		
<i>Phosphate</i>	2013	30	459 ± 208	408 ± 168	125	224	247	420	528	690		
<i>Fish or Seafood Cake or Burger</i>	2010	6	405 ± 106	344 ± 116	248	248	248	307	407	550	3.2	0.964
	2013	12	425 ± 130	355 ± 113	248	248	290	323	368	588		
<i>Seasoned and Stuffed Fish and Seafood</i>	2010	37	406 ± 168	364 ± 162	53	185	278	364	472	833	103.2	0.756
	2013	50	763 ± 1906	740 ± 1679	100	199	259	343	472	8796		
<i>Smoked Fish</i>	2010	24	445 ± 225	807 ± 400	61	286	537	762	1240	1436	-7.7	0.761
	2013	30	492 ± 317	745 ± 294	255	345	533	750	945	1300		
MIXED DISHES												
Shelf-Stable Mixed Dishes	2010	358	614 ± 270	330 ± 114	0	226	262	310	377	822	-6.7	0.002
	2013	374	561 ± 256	308 ± 111	6	199	247	283	350	822		
<i>Canned Chili</i>	2010	17	722 ± 125	278 ± 61	178	192	252	270	316	437	5.4	0.923
	2013	21	737 ± 130	293 ± 75	177	196	252	272	316	437		
<i>Baked and Refried Beans</i>	2010	31	679 ± 242	324 ± 58	199	263	300	313	352	519	-2.5	0.316
	2013	37	552 ± 174	316 ± 94	199	213	243	303	384	604		
<i>Pasta and Noodles with Sauce</i>	2010	177	644 ± 239	324 ± 76	116	252	276	310	356	613	-10.2	<0.001
	2013	183	591 ± 240	291 ± 78	124	220	252	275	314	646		
<i>Seasoned Rice and Grains</i>	2010	103	470 ± 274	310 ± 152	0	146	228	275	364	822	-4.2	0.850
	2013	110	455 ± 268	297 ± 130	6	142	228	285	369	822		
<i>Canned Stew and Meatballs</i>	2010	18	919 ± 251	416 ± 124	132	232	387	439	468	639	24.8	0.272
	2013	7	940 ± 283	519 ± 94	439	439	439	500	580	700		

	Year	n	Sodium Mean (mg/Serv)	Sodium Mean (mg/100g)	Sodium Percentiles (mg/100g)						Mean %Δ	P value
					Min	10 th	25 th	50 th	75 th	Max		
<i>Stuffing Mixes</i>	2010	12	632 ± 301	529 ± 108	345	411	431	540	619	675	-7.8	0.604
	2013	16	574 ± 276	488 ± 126	151	350	433	496	600	756		
Refrigerated and Frozen Appetizers, Sides and Entrees	2010	528	653 ± 296	337 ± 157	49	191	231	301	400	1214	3.3	0.457
	2013	779	554 ± 261	348 ± 168	18	189	231	317	421	1214		
Pizza	2010	91	632 ± 169	529 ± 121	200	386	447	542	604	832	-6.6	0.018
	2013	156	556 ± 187	494 ± 118	215	361	416	494	568	1000		
Pizza Snacks and Frozen Sandwiches	2010	63	631 ± 175	504 ± 145	329	341	398	461	563	906	-3.2	0.500
	2013	54	571 ± 135	488 ± 89	338	376	430	481	542	716		
Frozen Fries, Hashbrowns and Potato Patties	2010	45	185 ± 137	228 ± 170	18	20	47	200	365	595	1.8	0.970
	2013	67	193 ± 128	232 ± 154	15	24	76	200	365	595		
Dry Mashed or Scalloped Potatoes	2010	30	523 ± 130	352 ± 170	217	232	274	313	378	1178	-11.6	0.458
	2013	38	476 ± 111	311 ± 68	134	223	275	310	351	449		
Prepared Salads	2010	41	348 ± 154	317 ± 148	104	200	250	300	365	1020	-4.1	0.587
	2013	49	361 ± 162	304 ± 118	105	160	200	300	390	536		
MEAT AND MEAT SUBSTITUTES												
Bacon	2010	7	406 ± 144	694 ± 152	420	420	589	776	813	840	-6.5	0.499
	2013	35	344 ± 136	649 ± 173	298	389	575	640	760	1038		
Sausages and Wieners	2010	100	638 ± 217	912 ± 219	245	671	794	872	1036	1857	-10.7	0.012

	Year	n	Sodium Mean (mg/Serv)	Sodium Mean (mg/100g)	Sodium Percentiles (mg/100g)						Mean %Δ	P value
					Min	10 th	25 th	50 th	75 th	Max		
	2013	141	589 ± 216	814 ± 195	254	571	730	827	921	1436		
Packaged Deli Meats	2010	171	568 ± 223	1096 ± 346	424	727	889	1000	1321	2429	-0.9	0.100
	2013	238	541 ± 223	1086 ± 388	394	683	810	972	1309	2429		
<i>Fully Cooked Deli Meat</i>	2010	118	539 ± 155	955 ± 213	424	702	836	930	1075	1436	-3.8	0.159
	2013	147	545 ± 206	919 ± 205	394	667	800	891	1055	1436		
<i>Dry Cured Deli Meat</i>	2010	53	634 ± 321	1410 ± 380	719	900	1127	1500	1594	2429	3.2	0.233
	2013	78	587 ± 230	1455 ± 416	480	857	1167	1418	1768	2429		
Canned Meat and Poultry	2010	46	444 ± 168	770 ± 227	241	474	596	805	960	1404	8.6	0.463
	2013	23	492 ± 173	836 ± 240	280	558	692	867	960	1404		
Meat Sticks and Jerky	2010	15	533 ± 302	1759 ± 635	750	1040	1154	1733	2300	2771	-9.3	0.280
	2013	40	471 ± 192	1595 ± 468	750	963	1312	1527	1949	2533		
Bacon Bits	2010	4	184 ± 35	2531 ± 445	1929	1929	2250	2598	2813	3000	-21.9	0.414
	2013	19	218 ± 120	1977 ± 798	643	643	1286	2125	2571	3429		
Fresh and Frozen Meat and Poultry	2010	257	573 ± 224	535 ± 228	49	289	380	483	680	1330	-7.3	0.001
	2013	348	561 ± 367	496 ± 323	49	265	353	450	562	5000		
<i>Uncooked Moisture Enhanced Meat and Poultry</i>	2010	1	310 ± 0	341 ± 0	341	341	341	341	341	341	348.4	0.759
	2013	4	1585 ± 2280	1529 ± 2315	280	280	336	419	2723	5000		
<i>Burgers, Meatballs, Meatloafs</i>	2010	80	478 ± 193	435 ± 166	49	255	361	414	536	929	-12.4	0.077
	2013	110	456 ± 185	381 ± 132	49	254	300	381	450	760		

	Year	n	Sodium Mean (mg/Serv)	Sodium Mean (mg/100g)	Sodium Percentiles (mg/100g)						Mean %Δ	P value
					Min	10 th	25 th	50 th	75 th	Max		
<i>Marinated or Flavoured</i>	2010	67	509 ± 179	416 ± 165	120	260	312	392	471	1100	-1.0	0.304
	2013	98	502 ± 187	412 ± 126	114	230	320	431	500	700		
<i>Breaded Meat and Poultry</i>	2010	59	610 ± 175	605 ± 157	320	398	460	610	717	921	-13.6	0.001
	2013	72	570 ± 273	523 ± 198	55	350	420	488	578	1387		
<i>Chicken Wings</i>	2010	50	774 ± 241	779 ± 244	256	530	632	754	900	1330	-9.5	0.012
	2013	52	806 ± 416	705 ± 266	256	439	530	636	881	1330		
<i>Preserved Meat</i>	2010	0	-	-	-	-	-	-	-	-	-	-
	2013	12	566 ± 277	818 ± 176	500	560	731	835	925	1107		
Meat Analogues	2010	28	442 ± 154	612 ± 226	135	319	447	600	774	1154	-14.4	0.003
	2013	70	409 ± 132	524 ± 177	290	332	409	473	565	1020		
Seasoned Tofu and Tempeh	2010	1	500 ± 0	568 ± 0	568	568	568	568	568	568	-40.1	0.441
	2013	3	297 ± 51	340 ± 59	282	282	282	337	400	400		
SOUP												
Broth	2010	48	642 ± 239	248 ± 85	33	204	237	276	360	469	6.5	0.202
	2013	110	608 ± 284	264 ± 114	16	61	213	264	350	494		
Canned Condensed Soup	2010	71	754 ± 163	291 ± 62	128	221	248	291	333	477	-14.1	0.003
	2013	77	647 ± 151	250 ± 57	128	186	194	248	298	399		
Ready to Serve Soup	2010	142	636 ± 173	247 ± 67	55	183	189	252	281	474	-7.7	0.076
	2013	147	579 ± 204	228 ± 83	8	137	188	234	256	536		
Dry Soup Mixes	2010	56	834 ± 256	305 ± 93	135	208	250	280	349	628	-12.1	0.059

	Year	n	Sodium Mean (mg/Serv)	Sodium Mean (mg/100g)	Sodium Percentiles (mg/100g)						Mean %Δ	P value
					Min	10 th	25 th	50 th	75 th	Max		
	2013	54	675 ± 163	268 ± 81	5	168	243	260	310	463		
Fresh and Instant Oriental Noodles	2010	17	783 ± 433	222 ± 110	37	99	154	183	336	451	16.2	0.025
	2013	76	953 ± 360	258 ± 79	110	164	204	236	314	451		
SNACK FOODS												
Plain Chips	2010	81	212 ± 97	462 ± 196	0	240	360	460	540	1000	-18.6	0.004
	2013	106	171 ± 92	376 ± 198	0	160	270	368	480	960		
Flavoured Chips	2010	151	339 ± 130	734 ± 218	200	520	600	700	840	1460	-7.2	0.090
	2013	185	315 ± 107	681 ± 181	279	460	540	658	800	1351		
Popcorn	2010	58	274 ± 139	647 ± 295	0	304	467	653	800	1350	-3.9	0.580
	2013	75	283 ± 119	622 ± 220	213	375	460	594	760	1170		
Extruded Corn Snacks	2010	16	435 ± 111	901 ± 176	600	680	780	880	1040	1220	-1.7	0.999
	2013	40	368 ± 121	886 ± 212	560	680	720	870	990	1750		
Pretzel and Snack Mixes	2010	30	555 ± 243	1146 ± 466	213	758	850	990	1480	2080	-15.9	0.104
	2013	56	443 ± 212	964 ± 385	175	480	637	957	1280	1720		
Snacking Fruits, Nuts and Seeds	2010	64	154 ± 120	308 ± 233	10	60	145	275	410	1340	26.9	0.416
	2013	158	180 ± 152	391 ± 351	0	70	190	312	500	2156		
Pudding	2010	54	235 ± 120	170 ± 70	39	104	124	146	234	309	-12.4	0.157
	2013	104	193 ± 122	149 ± 74	25	50	111	136	202	312		
SAUCES, DIPS, GRAVIES AND CONDIMENTS												

	Year	n	Sodium Mean (mg/Serv)	Sodium Mean (mg/100g)	Sodium Percentiles (mg/100g)						Mean %Δ	P value
					Min	10 th	25 th	50 th	75 th	Max		
Pasta Sauce	2010	169	462 ± 157	444 ± 239	136	272	331	399	496	2667	-3.2	0.246
	2013	228	413 ± 141	430 ± 292	70	248	292	372	468	3600		
<i>Tomato-based Pasta and Pizza Sauce</i>	2010	127	473 ± 161	389 ± 109	192	264	312	372	462	662	-3.6	0.128
	2013	164	424 ± 137	375 ± 275	146	242	281	350	421	3600		
<i>Cream Sauce</i>	2010	30	426 ± 138	479 ± 154	136	328	382	445	555	914	-1.9	0.999
	2013	49	390 ± 121	470 ± 141	70	300	387	452	565	742		
<i>Pesto</i>	2010	12	430 ± 152	943 ± 600	391	467	617	783	1059	2667	-2.9	0.449
	2013	15	369 ± 223	916 ± 377	267	283	570	956	1267	1400		
Tomato Sauce	2010	13	228 ± 200	256 ± 168	15	15	38	308	385	485	16.0	1.00
	2013	17	272 ± 193	297 ± 177	15	23	231	308	385	736		
Sauces, Dips, Gravies and Condiments	2010	500	251 ± 177	986 ± 806	0	333	468	733	1200	5800	6.1	0.002
	2013	825	326 ± 233	1046 ± 1243	0	300	417	621	1105	9600		
<i>Sweet Oriental Sauces</i>	2010	12	101 ± 72	273 ± 192	90	100	160	222	336	784	57.1	0.678
	2013	29	163 ± 114	429 ± 350	90	100	181	250	560	1421		
<i>Soya and Other Oriental Sauces</i>	2010	14	480 ± 379	1355 ± 1345	567	600	667	942	1425	5800	179.2	<0.001
	2013	62	689 ± 350	3783 ± 2443	283	700	1919	3433	5800	9600		
<i>Dips and Salsa</i>	2010	164	180 ± 106	585 ± 303	0	233	394	547	758	1909	-6.5	0.419
	2013	211	210 ± 123	547 ± 263	0	273	367	515	727	1929		
<i>Hummus and Legume Based Dips</i>	2010	31	135 ± 28	480 ± 101	350	393	393	446	536	714	-11.7	0.077
	2013	48	133 ± 34	424 ± 91	233	317	383	419	464	794		

	Year	n	Sodium Mean (mg/Serv)	Sodium Mean (mg/100g)	Sodium Percentiles (mg/100g)						Mean %Δ	P value
					Min	10 th	25 th	50 th	75 th	Max		
<i>Gravy and Cooking Sauces</i>	2010	58	406 ± 164	553 ± 195	256	333	413	510	651	1183	0.4	0.346
	2013	187	417 ± 196	555 ± 363	7	293	366	481	587	2500		
<i>Marinades</i>	2010	42	340 ± 133	2087 ± 907	733	867	1200	2167	2733	3933	-3.1	0.938
	2013	59	368 ± 235	2022 ± 1101	12	633	1067	2133	2867	4867		
<i>Condiments</i>	2010	161	254 ± 172	1309 ± 790	33	563	813	1188	1600	4200	-19.9	0.005
	2013	182	317 ± 183	1048 ± 620	0	446	700	941	1263	4500		
<i>Ketchup</i>	2010	12	146 ± 41	975 ± 270	400	733	883	967	1067	1400	-10.1	0.925
	2013	20	132 ± 36	877 ± 237	300	533	783	933	1000	1400		
<i>Curry Pastes</i>	2010	6	564 ± 171	2969 ± 899	2373	2373	2526	2526	3142	4721	-39.6	0.009
	2013	27	406 ± 191	1793 ± 1547	0	53	1059	1167	2625	6615		
CANNED VEGETABLES AND LEGUMES												
Canned Vegetables and Legumes	2010	328	283 ± 153	269 ± 156	0	20	192	263	335	1238	-19.3	<0.001
	2013	371	225 ± 157	217 ± 180	0	8	128	211	293	2143		
Vegetable Juice and Cocktail	2010	35	540 ± 239	210 ± 93	51	53	136	233	249	370	-12.4	0.234
	2013	41	459 ± 216	184 ± 81	53	54	160	187	241	327		
Pickled Vegetables	2010	112	271 ± 185	820 ± 423	188	383	533	767	974	2467	6.0	0.390
	2013	153	248 ± 150	869 ± 499	17	357	567	800	1069	3500		
Olives	2010	47	232 ± 83	1489 ± 492	633	750	1000	1563	1867	2533	-1.9	0.996
	2013	90	223 ± 77	1461 ± 477	556	758	1067	1567	1813	2667		

	Year	n	Sodium Mean (mg/Serv)	Sodium Mean (mg/100g)	Sodium Percentiles (mg/100g)						Mean %Δ	P value
					Min	10 th	25 th	50 th	75 th	Max		
Sundried Tomatoes	2010	3	235 ± 205	1326 ± 1330	214	214	214	964	2800	2800	-11.8	0.991
	2013	4	265 ± 244	1170 ± 522	650	650	789	1081	1550	1867		
Tomato Paste with Additions	2010	4	160 ± 150	500 ± 470	94	94	94	484	906	938	-3.2	0.699
	2013	4	155 ± 156	484 ± 488	63	63	63	469	906	938		
NUT BUTTER												
Nut Butter	2010	30	43 ± 23	273 ± 162	0	39	100	333	400	467	25.6	0.170
	2013	35	54 ± 17	343 ± 114	109	188	300	357	433	667		

Data presented as mean ± standard deviation. P value for the difference in the distribution of sodium between 2010 and 2013 was determined by the Kolmogorov-Smirnov test. A p value <0.05 was considered statistically significant.

Supplementary Table S2. Changes in the proportion of foods meeting Health Canada benchmark targets for sodium reduction

	n		Phase 1 Benchmark Level		Phase 2 Benchmark Level		Phase 3 (Goal) Benchmark Level		% > all targets 2010	% > all targets 2013	Maximum Level	
	2010	2013	% Meeting Target 2010	% Meeting Target 2013	% Meeting Target 2010	% Meeting Target 2013	% Meeting Target 2010	% Meeting Target 2013			% > max 2010	% > max 2013
BAKERY PRODUCTS	1776	2232	215 (12.1%)	309 (13.9%)	205 (11.5%)	264 (11.8%)	529 (29.8%)	692 (31.0%)	827 (46.6%)	967 (43.3%)	431 (24.3%)	438 (19.6%)
Packaged Bread Products	379	445	63 (16.6%)	94 (21.1%)	47 (12.4%)	57 (12.8%)	79 (20.8%)	114 (25.6%)	190 (50.1%)	180 (40.5%)	78 (20.6%)	65 (14.6%)
Tortillas and Wraps	27	63	2 (7.4%)	1 (1.6%)	3 (11.1%)	9 (14.3%)	8 (29.6%)	13 (20.6%)	14 (51.9%)	40 (63.5%)	4 (14.8%)	10 (15.9%)
Cookies	309	398	40 (12.9%)	61 (15.3%)	25 (8.1%)	34 (8.5%)	118 (38.2%)	158 (39.7%)	126 (40.8%)	145 (36.4%)	79 (25.6%)	79 (19.9%)
Granola and Cereal Bars	172	200	29 (16.9%)	31 (15.5%)	15 (8.7%)	25 (12.5%)	37 (21.5%)	47 (23.5%)	91 (52.9%)	97 (48.5%)	34 (19.8%)	26 (13.0%)
Dry Bread	65	107	2 (3.1%)	15 (14.0%)	7 (10.8%)	10 (9.4%)	16 (24.6%)	27 (25.2%)	40 (61.5%)	55 (51.4%)	18 (27.7%)	25 (23.4%)
Crackers	268	301	20 (7.5%)	29 (9.6%)	24 (9.0%)	38 (12.6%)	113 (42.2%)	107 (35.6%)	111 (41.4%)	127 (42.2%)	74 (27.6%)	69 (22.9%)
Toaster Pastries	12	11	0 (0.0%)	1 (9.1%)	0 (0.0%)	0 (0.0%)	4 (33.3%)	6 (54.6%)	8 (66.7%)	4 (36.4%)	2 (16.7%)	1 (9.1%)
Tea Biscuits and Scones	11	21	3 (27.3%)	5 (23.8%)	1 (9.1%)	4 (19.1%)	3 (27.3%)	8 (38.1%)	4 (36.4%)	4 (19.1%)	2 (18.2%)	2 (9.5%)
Pancakes, Waffles, French Toast	71	92	11 (15.5%)	13 (14.1%)	18 (25.4%)	17 (18.5%)	10 (14.1%)	28 (30.4%)	32 (45.1%)	34 (37.0%)	11 (15.5%)	12 (13.0%)
Breadcrumbs and Croutons	53	64	8 (15.1%)	8 (12.5%)	3 (5.7%)	4 (6.3%)	12 (22.6%)	18 (28.1%)	30 (56.6%)	34 (53.1%)	8 (15.1%)	16 (25.0%)
Baked Desserts	380	482	32	45	58	58	126	156	164	223	112	125

	n		Phase 1 Benchmark Level		Phase 2 Benchmark Level		Phase 3 (Goal) Benchmark Level		% > all targets 2010	% > all targets 2013	Maximum Level	
	2010	2013	% Meeting Target 2010	% Meeting Target 2013	% Meeting Target 2010	% Meeting Target 2013	% Meeting Target 2010	% Meeting Target 2013			% > max 2010	% > max 2013
			(8.4%)	(9.3%)	(15.3%)	(12.0%)	(33.2%)	(32.4%)	(43.2%)	(46.3%)	(29.5%)	(25.9%)
Dough and Pastry	29	48	5 (17.2%)	6 (12.5%)	4 (13.8%)	8 (16.7%)	3 (10.3%)	10 (20.8%)	17 (58.6%)	24 (50.0%)	9 (31.0%)	8 (16.7%)
BREAKFAST CEREALS	281	310	27 (9.6%)	31 (10.0%)	33 (11.7%)	40 (12.9%)	120 (42.7%)	159 (51.3%)	101 (35.9%)	80 (25.8%)	41 (14.6%)	28 (9.0%)
Ready to Eat Breakfast Cereals	230	250	20 (8.7%)	13 (5.2%)	30 (13.0%)	34 (13.6%)	104 (45.2)	141 (56.4%)	76 (33.0%)	62 (24.8%)	34 (14.8%)	26 (10.4%)
Instant Hot Cereal	51	60	7 (13.7%)	18 (30.0%)	3 (5.9%)	6 (10.0%)	16 (31.4%)	18 (30.0%)	25 (49.0%)	18 (30.0%)	7 (13.7%)	2 (3.3%)
DAIRY PRODUCTS	401	505	16 (4.0%)	17 (3.4%)	46 (11.5%)	70 (13.9%)	203 (50.6%)	245 (48.5%)	136 (33.9%)	173 (34.3%)	59 (14.7%)	65 (12.9%)
Natural Cheese	348	437	12 (3.5%)	14 (3.2%)	42 (12.1%)	67 (15.3%)	191 (54.9%)	231 (52.9%)	103 (29.6%)	125 (28.6%)	43 (12.4%)	43 (9.8%)
Processed Cheese	47	56	4 (8.5%)	3 (5.4%)	4 (8.5%)	3 (5.4%)	10 (21.3%)	12 (21.4%)	29 (61.7%)	38 (67.9%)	12 (25.5%)	18 (32.1%)
Dairy-Free Cheese Spreads	6	12	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	2 (33.3%)	2 (16.7%)	4 (66.7%)	10 (83.3%)	4 (66.7%)	4 (33.3%)
FATS AND OILS	328	359	53 (16.2%)	70 (19.5%)	18 (5.5%)	28 (7.8%)	48 (14.6%)	63 (17.6%)	209 (63.7%)	198 (55.2%)	97 (29.6%)	91 (25.4%)
Margarine, Salted	49	49	10 (20.4%)	16 (32.7%)	5 (10.2%)	3 (6.1%)	1 (2.0%)	1 (2.0%)	33 (67.4%)	29 (59.2%)	3 (6.1%)	1 (2.0%)
Butter, Salted	20	19	10 (50.0%)	8 (42.1%)	3 (15.0%)	1 (5.3%)	0 (0.0%)	1 (5.3%)	7 (35.0%)	9 (47.4%)	2 (10.0%)	2 (10.5%)
Mayonnaise	96	124	7 (7.3%)	15 (12.1%)	1 (1.0%)	2 (1.6%)	14 (14.6%)	19 (15.3%)	74 (77.1%)	88 (71.0%)	56 (58.3%)	59 (47.6%)

	n		Phase 1 Benchmark Level		Phase 2 Benchmark Level		Phase 3 (Goal) Benchmark Level		% > all targets 2010	% > all targets 2013	Maximum Level	
	2010	2013	% Meeting Target 2010	% Meeting Target 2013	% Meeting Target 2010	% Meeting Target 2013	% Meeting Target 2010	% Meeting Target 2013			% > max 2010	% > max 2013
Salad Dressing	163	167	26 (16.0%)	31 (18.6%)	9 (5.5%)	22 (13.2%)	33 (20.3%)	42 (25.2%)	95 (58.3%)	72 (43.1%)	36 (22.1%)	29 (17.4%)
FISH AND SEAFOOD PRODUCTS	318	402	24 (7.6%)	38 (9.5%)	24 (7.6%)	40 (10.0%)	94 (29.6%)	122 (30.4%)	176 (55.4%)	202 (50.3%)	63 (19.8%)	76 (18.9%)
Canned Tuna	28	47	6 (21.4%)	14 (29.8%)	1 (3.6%)	3 (6.4%)	8 (28.6%)	16 (34.0%)	13 (46.4%)	14 (29.8%)	6 (21.4%)	3 (6.4%)
Other Canned Fish and Seafood	109	121	6 (5.5%)	7 (5.8%)	2 (1.8%)	6 (5.0%)	37 (33.9%)	33 (27.3%)	64 (58.7%)	75 (62.0%)	15 (13.8%)	22 (18.2%)
Imitation and Simulated Seafood	7	11	1 (14.3%)	0 (0.0%)	3 (42.9%)	1 (9.1%)	0 (0.0%)	10 (90.9%)	3 (42.9%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
Frozen Fish and Seafood	174	219	11 (6.3%)	17 (7.8%)	18 (10.3%)	30 (13.7%)	49 (28.2%)	63 (28.8%)	96 (55.2%)	109 (49.8%)	42 (24.1%)	47 (21.5%)
MIXED DISHES	1156	1517	158 (13.7%)	211 (13.9%)	158 (13.7%)	223 (14.7%)	326 (28.2%)	513 (33.8%)	514 (44.5%)	570 (37.6%)	210 (18.2%)	255 (16.8%)
Shelf-stable Mixed Dishes	358	374	49 (13.7%)	40 (10.7%)	60 (16.8%)	71 (19.0%)	108 (30.2%)	155 (41.4%)	141 (39.4%)	108 (28.9%)	44 (12.3%)	44 (11.8%)
Refrigerated and Frozen Appetizers, Sides and Entrees	528	779	78 (14.8%)	110 (14.1%)	47 (8.9%)	80 (10.3%)	154 (29.2%)	270 (34.7%)	249 (47.2%)	319 (41.0%)	115 (21.8%)	157 (20.2%)
Pizza	91	156	15 (16.5%)	35 (22.4%)	15 (16.5%)	32 (20.5%)	13 (14.3%)	30 (19.2%)	48 (52.8%)	59 (37.8%)	20 (22.0%)	21 (13.5%)
Pizza Snacks and Frozen Sandwiches	63	54	10 (15.9%)	13 (24.1%)	14 (22.2%)	13 (24.1%)	17 (27.0%)	10 (18.5%)	22 (34.9%)	18 (33.3%)	13 (20.6%)	7 (13.0%)
Frozen Fries, Hashbrowns and	45	67	1 (2.2%)	0 (0.0%)	8 (17.8%)	14 (20.9%)	16 (35.6%)	22 (32.8%)	20 (44.4%)	31 (46.3%)	9 (20.0%)	12 (17.9%)

	n		Phase 1 Benchmark Level		Phase 2 Benchmark Level		Phase 3 (Goal) Benchmark Level		% > all targets 2010	% > all targets 2013	Maximum Level	
	2010	2013	% Meeting Target 2010	% Meeting Target 2013	% Meeting Target 2010	% Meeting Target 2013	% Meeting Target 2010	% Meeting Target 2013			% > max 2010	% > max 2013
Potato Patties												
Dry Mashed or Scalloped Potatoes	30	38	3 (10.0%)	8 (21.1%)	6 (20.0%)	8 (21.1%)	10 (33.3%)	12 (31.6%)	11 (36.7%)	10 (26.3%)	2 (6.7%)	2 (5.3%)
Prepared Salads	41	49	2 (4.9%)	5 (10.2%)	8 (19.5%)	5 (10.2%)	8 (19.5%)	14 (28.6%)	23 (56.1%)	25 (51.0%)	7 (17.1%)	12 (24.5%)
MEAT AND MEAT SUBSTITUTES	629	917	54 (8.6%)	84 (9.2%)	64 (10.2%)	110 (12.0%)	194 (30.8%)	365 (39.8%)	317 (50.4%)	358 (39.0%)	383 (60.9%)	424 (46.2%)
Bacon	7	35	0 (0.0%)	3 (8.6%)	0 (0.0%)	0 (0.0%)	2 (28.6%)	13 (37.1%)	5 (71.4%)	19 (54.3%)	5 (71.4%)	19 (54.3%)
Sausages and Wieners	100	141	13 (13.0%)	17 (12.1%)	18 (18.0%)	26 (18.4%)	18 (18.0%)	57 (40.4%)	51 (51.0%)	41 (29.1%)	65 (65.0%)	60 (42.6%)
Packaged Deli Meats	171	238	27 (15.8%)	19 (8.0%)	19 (11.1%)	32 (13.5%)	53 (31.0%)	85 (35.7%)	72 (42.1%)	102 (42.9%)	109 (63.7%)	135 (56.7%)
Canned Meat and Poultry	46	23	3 (6.5%)	2 (8.7%)	2 (4.4%)	0 (0.0%)	14 (30.4%)	4 (17.4%)	27 (58.7%)	17 (73.9%)	30 (65.2%)	17 (73.9%)
Meat Sticks and Jerky	15	40	1 (6.7%)	3 (7.5%)	1 (6.7%)	4 (10.0%)	4 (26.7%)	13 (32.5%)	9 (60.0%)	20 (50.0%)	11 (73.3%)	24 (60.0%)
Bacon Bits	4	19	0 (0.0%)	1 (5.3%)	1 (25.0%)	2 (10.5%)	0 (0.0%)	7 (36.8%)	3 (75.0%)	9 (47.4%)	0 (0.0%)	1 (5.3%)
Fresh and Frozen Meat and Poultry	257	348	9 (3.5%)	20 (5.8%)	20 (7.8%)	24 (6.9%)	98 (38.1%)	176 (50.6%)	130 (50.6%)	128 (36.8%)	146 (56.8%)	151 (43.4%)
Meat Analogues	28	70	1 (3.6%)	19 (27.1%)	3 (10.7%)	22 (31.4%)	5 (17.9%)	10 (14.3%)	19 (67.9%)	19 (27.1%)	16 (57.1%)	17 (24.3%)
Seasoned Tofu and Tempeh	1	3	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (100.0%)	3 (100.0%)	1 (100.0%)	0 (0.0%)

	n		Phase 1 Benchmark Level		Phase 2 Benchmark Level		Phase 3 (Goal) Benchmark Level		% > all targets 2010	% > all targets 2013	Maximum Level	
	2010	2013	% Meeting Target 2010	% Meeting Target 2013	% Meeting Target 2010	% Meeting Target 2013	% Meeting Target 2010	% Meeting Target 2013			% > max 2010	% > max 2013
SOUPS	334	464	33 (9.9%)	36 (7.8%)	73 (21.9%)	76 (16.4%)	95 (28.4%)	206 (44.4%)	133 (39.8%)	146 (31.5%)	39 (11.7%)	50 (10.8%)
Broth	48	110	7 (14.6%)	8 (7.3%)	6 (12.5%)	10 (9.1%)	13 (27.1%)	43 (39.1%)	22 (45.8%)	49 (44.6%)	12 (25.0%)	23 (20.9%)
Canned Condensed Soup	71	77	6 (8.5%)	5 (6.5%)	15 (21.1%)	14 (18.2%)	10 (14.1%)	32 (41.6%)	40 (56.3%)	26 (33.8%)	6 (8.5%)	1 (1.3%)
Ready to Serve Soup	142	147	9 (6.3%)	8 (5.4%)	41 (28.9%)	36 (24.5%)	54 (38.0%)	78 (53.1%)	38 (26.8%)	25 (17.0%)	8 (5.6%)	9 (6.1%)
Dry Soup Mixes	56	54	11 (19.6%)	8 (14.8%)	10 (17.9%)	13 (24.1%)	7 (12.5%)	13 (24.1%)	28 (50.0%)	20 (37.0%)	12 (21.4%)	8 (14.8%)
Fresh and Instant Oriental Noodles	17	76	0 (0.0%)	7 (9.2%)	1 (5.9%)	3 (4.0%)	11 (64.7%)	40 (52.6%)	5 (29.4%)	26 (34.2%)	1 (5.9%)	9 (11.8%)
SNACK FOODS	454	724	58 (12.8%)	96 (13.3%)	44 (9.7%)	58 (8.0%)	98 (21.6%)	220 (30.4%)	254 (56.0%)	350 (48.3%)	102 (22.5%)	131 (18.1%)
Salty Snack Foods	336	462	53 (15.8%)	81 (17.5%)	38 (11.3%)	47 (10.2%)	52 (15.5%)	107 (23.2%)	193 (57.4%)	227 (49.1%)	65 (19.4%)	61 (13.2%)
Snacking Nuts, Seeds and Kernels	64	158	4 (6.3%)	10 (6.3%)	5 (7.8%)	11 (7.0%)	42 (65.6%)	94 (59.5%)	13 (20.3%)	43 (27.2%)	10 (15.6%)	32 (20.3%)
Pudding	54	104	1 (1.9%)	5 (4.8%)	1 (1.9%)	0 (0.0%)	4 (7.4%)	19 (18.3%)	48 (88.9%)	80 (76.9%)	27 (50.0%)	38 (36.5%)
SAUCES, DIPS, GRAVIES AND CONDIMENTS	682	1070	99 (14.5%)	164 (15.3%)	79 (11.6%)	134 (12.5%)	169 (24.8%)	337 (31.5%)	335 (49.1%)	435 (40.7%)	158 (23.2%)	200 (18.7%)
Pasta Sauce	169	228	29 (17.2%)	40 (17.5%)	27 (16.0%)	33 (14.5%)	43 (25.4%)	74 (32.5%)	70 (41.4%)	81 (35.5%)	28 (16.6%)	31 (13.6%)

	n		Phase 1 Benchmark Level		Phase 2 Benchmark Level		Phase 3 (Goal) Benchmark Level		% > all targets 2010	% > all targets 2013	Maximum Level	
	2010	2013	% Meeting Target 2010	% Meeting Target 2013	% Meeting Target 2010	% Meeting Target 2013	% Meeting Target 2010	% Meeting Target 2013			% > max 2010	% > max 2013
Tomato Sauce	13	17	5 (38.5%)	6 (35.3%)	0 (0.0%)	0 (0.0%)	4 (30.8%)	6 (35.3%)	4 (30.8%)	5 (29.4%)	0 (0.0%)	1 (5.9%)
Sauces, Dips, Gravies and Condiments	500	825	65 (13.0%)	118 (14.3%)	52 (10.4%)	101 (12.2%)	122 (24.4%)	257 (31.2%)	261 (52.2%)	349 (42.3%)	130 (26.0%)	168 (20.4%)
CANNED VEGETABLES AND LEGUMES	529	664	58 (11.0%)	93 (14.0%)	32 (6.1%)	56 (8.4%)	87 (16.5%)	157 (23.6%)	352 (66.5%)	358 (53.9%)	152 (28.7%)	143 (21.5%)
Canned and Bottled Vegetables and Legumes	328	372	39 (11.9%)	64 (17.2%)	19 (5.8%)	39 (10.5%)	38 (11.6%)	78 (21.0%)	232 (70.7%)	191 (51.3%)	105 (32.0%)	74 (19.9%)
Vegetable Juice and Cocktail	35	41	1 (2.9%)	0 (0.0%)	3 (8.6%)	9 (22.0%)	10 (28.6%)	16 (39.0%)	21 (60.0%)	16 (39.0%)	3 (8.6%)	0 (0.0%)
Pickles	112	153	17 (15.2%)	28 (18.3%)	6 (5.4%)	2 (1.3%)	16 (14.3%)	26 (17.0%)	73 (65.2%)	97 (63.4%)	32 (28.6%)	50 (32.7%)
Olives	47	90	1 (2.1%)	1 (1.1%)	3 (6.4%)	5 (5.6%)	20 (42.6%)	34 (37.8%)	23 (48.9%)	50 (55.6%)	9 (19.2%)	16 (17.8%)
Sundried Tomatoes	3	4	0 (0.0%)	0 (0.0%)	1 (33.3%)	1 (25.0%)	1 (33.3%)	1 (25.0%)	1 (33.3%)	2 (50.0%)	1 (33.3%)	1 (25.0%)
Tomato Paste with Additions	4	4	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	2 (50.0%)	2 (50.0%)	2 (50.0%)	2 (50.0%)	2 (50.0%)	2 (50.0%)
NUT BUTTERS	30	35	9 (30.0%)	8 (22.9%)	3 (10.0%)	7 (20.0%)	13 (43.3%)	10 (28.6%)	5 (16.7%)	10 (28.6%)	5 (16.7%)	10 (28.6%)

Data presented as n (%).

Reference: Health Canada. Bureau of Nutritional Sciences. Guidance for the Food Industry on Reducing Sodium in Processed Foods. Ottawa: Health Canada, 2012.

