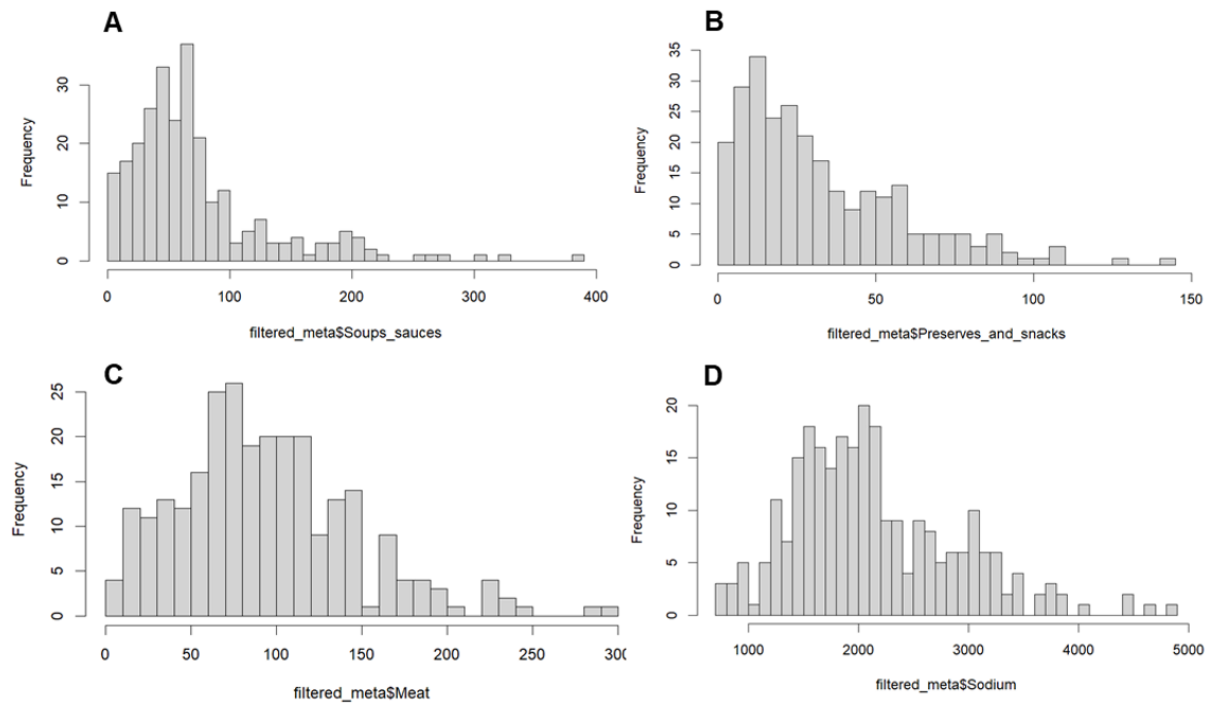
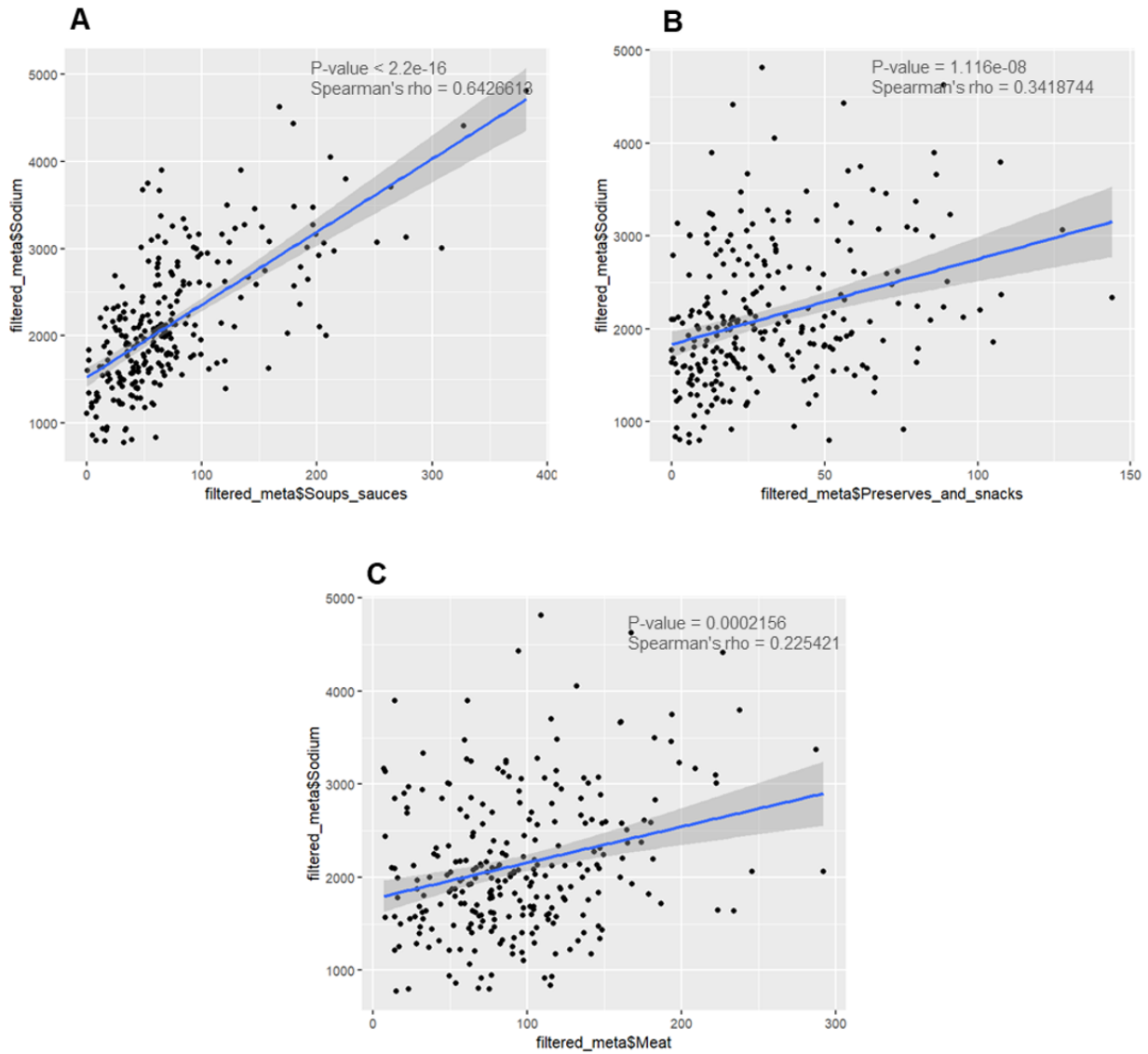


## SUPPLEMENTARY MATERIAL



**FIG. S1 Distributions of individuals' consumption of sodium and different sodium-rich food groups are left-skewed.** Distribution of individuals' consumption of (A) soups and sauces, (B) preserves and snacks, (C) meat, and (D) sodium.



**FIG. S2 Spearman's rank correlation of sodium with different food groups.** Linear regression scatter plots and Spearman's tests show that sodium intake has a statistically significant positive correlation with (A) soups and sauces, (B) snacks and preserves, and (C) meat. Soups and sauces have the strongest correlation with sodium intake.