

Table S3. Percentage of respondents that selected specific responses about salt consumption

	I have never paid attention	I have reduced its use over time	I have always paid attention	National Statistics
<i>Do you pay attention to the amount of salt and the consumption of salty foods?</i>	27.0	37.6	35.4	58.7

Note. Percentages in bold indicate adequate behavior (consistent with guidelines). National data are taken from the public database of the national statistical institute (ISTAT, available at <http://dati.istat.it/>) and refer to the general Italian population between 18-34 years that declare to pay attention to salt consumption.