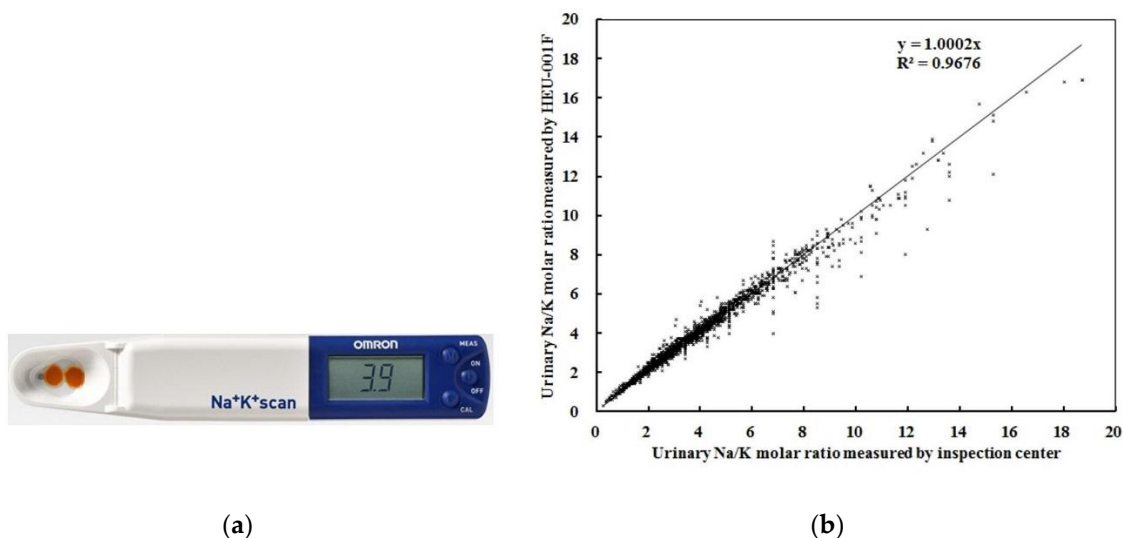
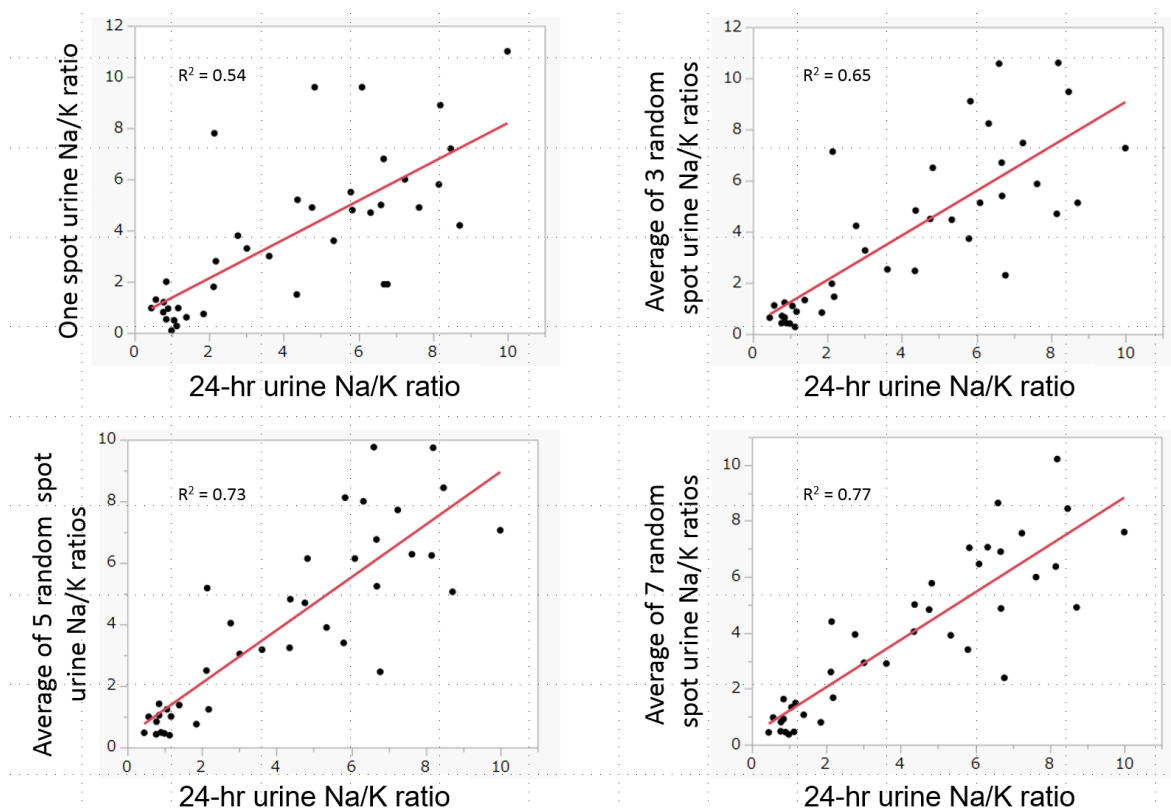


# Supplementary Material:



**Figure S1.** (a) Urinary Na/K ratio monitor (HEU-001F, Omron Healthcare Co., Ltd., Kyoto, Japan). (b) Pearson's correlation coefficient for the urinary Na/K ratios measured by the portable urinary Na/K ratio monitor (HEU-001F, Omron Healthcare Co., Ltd., Kyoto, Japan) and by a biochemical inspection center (BML Inc., Tokyo, Japan).



**Figure S2.** Correlation between one random spot urine Na/K ratio as well as the average of three, five, or seven random spot urine Na/K ratios obtained during the last three days of each diet period and the 24-h urine Na/K ratio obtained on the last day of each diet period.  $p < 0.001$  for all correlations.