

Table S1. Comparison of sodium content of packaged foods and beverages in Kenya and South Africa by different food categories.

Food category	Kenya		South Africa		Comparison between median sodium content (<i>p</i> -value)
	Total number of products	Median sodium (mg/100 g)	Total number of products	Median sodium (mg/100 g)	
Herbs and spices	36	9120	107	6798	0.575
Sauces	227	1200	797	1079	0.971
Meat alternatives	6	766	81	917	0.345
Noodles	33	760	101	1180	0.005
Meal kits	4	739	44	922	0.341
Cheeses	40	720	443	584	0.045
Processed meats	98	600	647	760	<0.001
Ready meals	9	503	314	369	0.025
Crisps and snacks	208	480	454	680	<0.001
Spreads and dips	42	438	261	311	0.027
Processed fish	27	359	359	352	0.523
Biscuits	227	259	687	358	<0.001
Nuts and seeds	24	240	270	22	0.006
Soups	36	240	314	3015	<0.001
Cereal and nut-based bars	4	212	93	148	0.280
Breads	50	209	274	399	<0.001
Cakes, muffins and pastries	14	200	241	335	0.095
Edible oils	23	195	167	400	0.013
Vegetables	167	172	1144	184	0.481
Breakfast cereals	184	112	534	171	<0.001
Baby foods	15	100	258	36	0.041
Chocolates and sweets	99	68	674	63	0.555
Creams	6	68	53	33	0.053
Energy drinks	9	68	85	35	0.089
Ice creams and edible ices	92	65	137	49	<0.001
Syrups	2	42	50	104	0.634
Milks	52	39	434	48	<0.001
Coffees and teas	67	20	212	140	<0.001
Other cereal and grain products	11	18	269	8	0.282
Pasta	16	13	224	5	0.678
Desserts	4	9	102	69	0.108
Fruit and vegetable juices	128	8	851	5	0.064
Fruits	49	7	596	11	<0.001
Soft drinks	73	5	471	8	0.037
Cous cous	1	4	26	10	0.699
Waters	3	1	161	8	0.179

Chewing gums	13	0	46	1	0.308
Coconut oils	8	0	26	2	0.009
Cooking oils	71	0	189	0	<0.001
Cordials	3	0	183	70	0.005
Electrolyte/sports drinks	5	0	38	41	0.004
Honeys	28	0	27	5	0.004
Jams and marmalades	46	0	119	12	<0.001
Jellies	4	0	59	36	0.006
Mayonnaises and salad dressings	32	0	252	464	<0.001
Rices	65	0	97	5	<0.001
