

Supplementary Online Content

Buendia JR, Bradlee ML, Daniels SR, Singer MR, Moore LL. Longitudinal effects of dietary sodium and potassium on blood pressure in adolescent girls. *JAMA Pediatr*. Published online April 27, 2015. doi:10.1001/jamapediatrics.2015.0411.

eTable. Dietary Variables for All Girls Stratified by Sodium and Potassium Categories.

This supplementary material has been provided by the authors to give readers additional information about their work.

eTable. Dietary Variables for All Girls Stratified by Sodium and Potassium Categories

	Sodium Intake Categories (mg/day)				Potassium Intake Categories (mg/day)			
	<2500	2500- <3000	3000- <4000	≥4000	<1800	1800- <2100	2100- <2400	≥2400
n	425	644	905	211	786	573	411	415
Dietary Intakes¹								
Energy, mean (SD), kcals	1489 (216)	1736 (212)	2016 (257)	2498 (301)	1610 (258)	1866 (267)	2014 (286)	2265 (348)
Dairy, mean (SD), servings/d	1.4 (0.6)	1.7 (0.7)	1.8 (0.7)	1.9 (0.8)	1.3 (0.5)	1.6 (0.6)	1.9 (0.7)	2.3 (0.8)
Total fruit & vegetables, mean (SD), servings/d	2.8 (1.1)	3.1 (1.1)	3.5 (1.1)	4.5 (1.5)	2.5 (0.8)	3.3 (0.9)	3.7 (1.0)	4.7 (1.4)
Fiber, mean (SD), g/d	9.1 (2.5)	10.7 (2.6)	12.2 (2.7)	14.8 (3.4)	9.0 (1.8)	11.3 (2.0)	12.6 (2.1)	15.1 (3.1)
Percent energy from SoFAS ² , mean (SD)	41.4 (5.7)	41.3 (5.4)	41.4 (4.9)	41.4 (4.7)	42.9 (4.8)	41.5 (5.0)	40.5 (5.1)	39.2 (5.1)
Macronutrients¹								
Percent energy from fat, mean (SD)	33.7 (4.0)	34.5 (3.9)	35.9 (3.6)	37.7 (3.3)	35.6 (3.9)	35.3 (3.6)	34.9 (4.0)	34.7 (4.4)
Percent energy from carbohydrates ² , mean (SD)	53.4 (5.0)	52.5 (4.8)	50.9 (4.4)	48.6 (4.1)	51.4 (4.9)	51.7 (4.6)	51.8 (4.9)	51.9 (5.0)
Percent energy from protein, mean (SD)	13.9 (2.1)	14.0 (1.9)	14.2 (1.8)	14.4 (1.7)	13.8 (1.9)	14.0 (1.9)	14.4 (1.7)	14.6 (1.8)
Micronutrients¹								
Sodium, mean (SD), mg/d	2222 (221)	2753 (142)	3418 (278)	4550 (432)	2661 (491)	3078 (525)	3323 (608)	3734 (771)
Potassium, mean (SD), mg/d	1635 (358)	1877 (355)	2132 (388)	2569 (432)	1548 (182)	1948 (87)	2225 (86)	2716 (279)
Magnesium, mean (SD), mg/d	172 (37)	198 (37)	225 (40)	269 (44)	168 (25)	206 (22)	232 (21)	278 (36)
Calcium, mean (SD), mg/d	638 (188)	742 (216)	814 (225)	906 (242)	609 (142)	739 (161)	857 (184)	1017 (235)

Abbreviations: SoFAS, solid fats and added sugars.

¹Mean values from ages 9-17 years.

²All variables have $P < 0.05$ except for percent energy from SoFAS across sodium categories ($P = 0.96$) and percent energy from carbohydrates across potassium categories ($P = 0.24$).