**Dietary Sodium, Potassium, and Blood Pressure in Normotensive Pregnant Women: the National Health and Nutrition Examination Survey**

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Supplementary Material

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Supplementary Table S1. Unadjusted SBP and DBP by quartile of sodium intake, stratified by trimester of pregnancy

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| 1st Trimester*n=197* | Q1 *(≤2581.9 mg/day)* | Q2 *(≥2581.9, <3363.54 mg/day)* | Q3 *(≥3363.54, < 4337.42 mg/day)* | Q4 *(>4337.42 mg/day)* | *p-value* |
| Sodium Intake (mg/day) | 1964 ± 62 | 2967 ± 43 | 3917 ± 31 | 5516 ± 182 | <0.001 |
| SBP (mmHg) | 105 ± 1 | 107 ± 2 | 105 ± 2 | 107 ± 1 | 0.68 |
| DBP (mmHg) | 59 ± 1 | 61 ± 2 | 60 ± 1 | 60 ± 1 | 0.77 |

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| --- | --- | --- | --- | --- | --- |
| 2nd Trimester*n=414* | Q1*(≤2581.9 mg/day)* | Q2*(≥2581.9, <3363.54 mg/day)* | Q3 *(≥3363.54, < 4337.42 mg/day)* | Q4*(>4337.42 mg/day)* | *p-value* |
| Sodium Intake (mg/day) | 2006 ± 45 | 2974 ± 21 | 3836 ± 30 | 5433 ± 122 | <0.001 |
| SBP (mmHg) | 105 ± 1 | 103 ± 1\* | 107 ± 1 | 105 ± 1 | 0.02 |
| DBP (mmHg) | 56 ± 1 | 54 ± 1 | 57 ± 1 | 55 ± 1 | 0.34 |

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| --- | --- | --- | --- | --- | --- |
| 3rd Trimester*n=373* | Q1*(≤2581.9 mg/day)* | Q2 *(≥2581.9, <3363.54 mg/day)* | Q3 *(≥3363.54, < 4337.42 mg/day)* | Q4 *(>4337.42 mg/day)* | *p-value* |
| Sodium Intake (mg/day) | 2068 ± 49 | 2977 ± 22 | 3830 ± 29 | 5746 ± 190 | <0.001 |
| SBP (mmHg) | 109 ± 1 | 109 ± 1 | 107 ± 1 | 109 ± 1 | 0.62 |
| DBP (mmHg) | 60± 1 | 59 ± 1 | 58 ± 1 | 58 ± 1 | 0.63 |

*Table Legend.* There was no difference in DBP between quartiles of sodium intake in women in different trimesters of pregnancy. There was no difference in SBP between quartiles of sodium intake in women in the 1st and 3rd trimesters of pregnancy. In women in the 2nd trimester of pregnancy, those in Quartile 2 of sodium intake had lower SBP than women in Quartile 3 of sodium intake,\*significantly different from Quartile 3.

Supplementary Table S2. Associations of sodium, potassium, or the sodium-to-potassium ratio with SBP and DBP among Mexican/Other Hispanic, Black, or White women.

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| --- | --- | --- | --- | --- |
| Mexican-American/ Other Hispanic*n=305* | SBP |  | DBP |  |
|  | ***b*** | **95% CI** | ***b*** | **95% CI** |
| Sodium*adjusted* | 0.08 | -0.68, 0.84 | 0.50 | -0.28, 1.30 |
| Potassium*adjusted* | 0.10 | -0.58, 0.78 | 0.13 | -0.58, 0.85 |
| Sodium-to-Potassium Ratio *adjusted* | -1.11 | -2.82, 0.61 | 0.93 | -0.90, 2.76 |

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| --- | --- | --- | --- | --- |
| Black*n=99* | SBP |  | DBP |  |
|  | ***b*** | **95% CI** | ***b*** | **95% CI** |
| Sodium*adjusted* | 0.18 | -0.64, 0.99 | 0.11 | -0.95, 1.17 |
| Potassium*adjusted* | 0.52 | -0.79, 1.83 | -0.03 | -1.76, 1.70 |
| Sodium-to-Potassium Ratio *adjusted* | -0.23 | -3.14, 2.68 | 1.38 | -2.22, 4.98 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| White*n=401* | SBP |  | DBP |  |
|  | ***b*** | **95% CI** | ***b*** | **95% CI** |
| Sodium*adjusted* | 0.13 | -0.43, 0.70 | -0.34 | -1.11, 0.44 |
| Potassium*adjusted* | 0.22 | -0.46, 0.91 | -0.17 | -0.67, 1.02 |
| Sodium-to-Potassium Ratio *adjusted* | -0.52 | -2.08, 1.04 | -1.30 | -3.22, 0.61 |

Table Legend. Units=1000 mg/day of sodium or potassium. Adjustment variables included: age, BMI, month of pregnancy, marital status, education, and smoking. Women with missing race data or for whom race/ethnicity was otherwise not able to be determined were omitted from these analyses. There was no association of sodium, potassium, or the sodium-to-potassium ratio with SBP among Mexican-American/Other Hispanic, Black, or White women. There was no association of sodium, potassium, or the sodium-to-potassium ratio with DBP after omitting extreme outliers.