| **Supplemental table 1.** Usual Potassium Intake and Sodium-to-Potassium Ratio1 Among Older US Infants (7-11 Months) and Preschool Children (1-5 Years) by Age and Race/Ethnicity2, NHANES, 2003-2010 | | | | | | | | | | | | | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Sample Size3** | **Usual Potassium intake (mg/d)** | | | | | | **Dietary Reference Intake (mg/d)4** | | **Adequate Usual Potassium Intakes** | | **Sodium-to-Potassium Ratio** | | | | | | | | | |
|  |  |  |  |  | **Percentiles** | | | |  | |  | |  | | | | **Percentiles** | | | | | |
| **Category** | **N** |  | **Mean (SE)** |  | **25th**  **(SE)** | **50th**  **(SE)** | **75th**  **(SE)** | | **AI** | | **%>AI**  **(SE)** | | **Mean (SE)** | | | | **25th**  **(SE)** | **50th**  **(SE)** | | **75th**  **(SE)** | | |
| **7-11 months** |  |  |  |  |  |  |  | | 700 | |  | |  |  | | | | | | | |
| Total | 699 |  | 1168.0  (20.7) |  | 963  (17.7) | 1133  (20.3) | 1334  (25.6) | |  | | 97.22 (0.57) | | 0.43  (0.01) | | | | 0.30  (0.01) | 0.39  (0.01) | | 0.52  (0.02) | | |
| non-Hispanic white | 234 |  | 1153.7  (32.7) |  | 977  (28.8) | 1122  (33.1) | 1298  (39.5) | |  | | 98.53 (0.62) | | 0.39  (0.02) a | | | | 0.28  (0.01) | 0.36  (0.02) | | 0.47  (0.02) | | |
| non-Hispanic black | 109 |  | 1262.9  (45.3)a,b |  | 1028  (54.5) | 1233  (52.2) | 1466  (52.4) | |  | | 97.59 (1.43) | | 0.46  (0.04) | | | | 0.32  (0.03) | 0.42  (0.04) | | 0.55  (0.05) | | |
| Mexican-American | 263 |  | 1167.5  (40.5) |  | 952  (38.1) | 1131  (41.0) | 1343  (47.6) | |  | | 96.92 (1.27) | | 0.48  (0.02) | | | | 0.35  (0.02) | 0.45  (0.02) | | 0.58  (0.03) | | |
| **1-3 years** |  |  |  |  |  |  |  | | 3000 | |  | |  | | | |  |  | |  | | |
| Total | 2882 |  | 2022.4  (23.5) |  | 1647  (21.9) | 1971  (23.1) | 2341  (28.0) | |  | | 4.67  (0.55) | | 1.03  (0.01) | | | | 0.83  (0.01) | 0.99  (0.01) | | 1.19  (0.02) | | |
| non-Hispanic white | 956 |  | 1985.4  (31.3) |  | 1635  (29.7) | 1940  (31.0) | 2285  (41.8) | |  | | 3.34  (0.71) | | 1.03  (0.02)a | | | | 0.84  (0.01) | 0.99  (0.02) | | 1.17  (0.02) | | |
| non-Hispanic black | 650 |  | 1955.3  (44.6) |  | 1628  (40.5) | 1922  (43.7) | 2245  (48.8) | |  | | 2.28  (0.64) | | 1.18  (0.04)a,b | | | | 0.92  (0.03) | 1.12  (0.03) | | 1.37  (0.04) | | |
| Mexican-American | 859 |  | 2106.6  (37.9)b,c |  | 1690  (31.7) | 2046  (35.5) | 2462  (45.7) | |  | | 7.73  (1.18) | | 0.93  (0.02) | | | | 0.73  (0.02) | 0.88  (0.02) | | 1.08  (0.03) | | |
| **4-5 years** |  |  |  |  |  |  |  | | 3800 | |  | |  |  |  |  | | |  | |  |
| Total | 1389 |  | 2074.6  (33.8) |  | 1723  (26.2) | 2023  (32.1) | 2370  (42.8) | |  | | 0.39  (0.17) | | 1.30  (0.02) | | | | 1.11  (0.02) | 1.28  (0.02) | | 1.46  (0.03) | | |
| non-Hispanic white | 469 |  | 2043.0  (54.2) |  | 1659  (41.0) | 1980  (50.8) | 2358  (68.3) | |  | | 0.55  (0.24) | | 1.31  (0.03)a | | | | 1.11  (0.03) | 1.28  (0.03) | | 1.48  (0.04) | | |
| non-Hispanic black | 346 |  | 1918.6  (43.3)b |  | 1699  (39.8) | 1899  (43.5) | 2117  (50.2) | |  | | 0 | | 1.51  (0.04)a,b | | | | 1.37  (0.03) | 1.49  (0.04) | | 1.63  (0.04) | | |
| Mexican-American | 394 |  | 2255.9  (65.7)b,c |  | 1872 (50.3) | 2203 (61.7) | 2580 (81.9) | |  | | 1.05  (0.52) | | 1.16  (0.03) | | | | 1.01 (0.03) | 1.14  (0.03) | | 1.30  (0.03) | | |

NHANES, National Health and Nutrition Examination Survey; AI, Adequate Intake; N/A, not applicable.

1 Sodium-to-potassium ratio was calculated using sodium intake (mg/day) divided by potassium intake (mg/day). Mean, median and interquartile ranges (25th and 75th percentiles) of usual potassium intakes (mg/d) and sodium-to-potassium ratio, as well as the proportion above AI were estimated from PC-SIDE (Department of Statistics, Iowa State University) with data from up-to-two 24-hour dietary recalls adjusted for the day of the week of the recall, and age (month, continuous), gender, maternal age at birth (continuous), poverty-index ratio and current breastfeeding status. Individuals missing data on incomplete first-day 24-hour dietary recall were excluded. Jackknife replicate weights based on first-day dietary weights were used to account for the complex sampling design were used in PC-SIDE to estimate standard errors.

2 Category of “other race/ethnicity” is not included in these strata but is included in the totals.

3 Sample sizes are unweighted.

4 An AI has been defined for potassium intake in each age group.

a  *P* < 0.05, Z-test for difference in means when compared with Mexican-Americans.

b *P* < 0.05, Z-test for difference in means when compared with non-Hispanic whites.

c *P* < 0.05, Z-test for difference in means when compared with non-Hispanic blacks.

| **Supplemental table 2.** Usual Daily Potassium Intake and Sodium-to-Potassium Ratio1 among US Infants (7- 11 Months) and Preschool Children2  (1-3 Years) by Breastfeeding Status, NHANES, 2003-2010 | | | | | | | | | | | | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | **Sample Size3** | | **Usual Potassium intake (mg/d)** | | | | | **Dietary Reference Intake4**  **(mg/d)** | **Adequate Usual Potassium Intakes** | **Sodium-to-Potassium Ratio** | | | | | | | | |
|  | | |  |  |  |  | **Percentiles** | | |  |  |  | | | | **Percentiles** | | | | |
| **Category** | | | **N** |  | **Mean (SE)** |  | **25th**  **(SE)** | **50th**  **(SE)** | **75th**  **(SE)** | **AI** | **%>AI**  **(SE)** | **Mean (SE)** | | | | **25th**  **(SE)** | **50th**  **(SE)** | | **75th**  **(SE)** | |
| **Currently Breastfed** | | |  |  |  |  |  |  |  |  |  |  |  |  |  | | |  | |  | |
|  | **Total intake** | |  |  |  |  |  |  |  |  |  |  | | | |  |  | |  | |
|  |  | 7-11 months | 147 |  | 900.9  (40.7) |  | 742  (36.9) | 892  (73.1) | 1042  (54.2) | 700 | 80.95 (3.79) | 0.43  (0.04) | | | | 0.31 (0.02) | 0.39  (0.05) | | 0.51  (0.06) | |
|  |  | 1-3 years | 83 |  | 1286.7  (81.7) |  | 1017  (77.0) | 1253  (112.0) | 1519  (116.0) | 3000 | 0 | 0.93  (0.06) | | | | 0.76 (0.09) | 0.90  (0.06) | | 1.06  (0.08) | |
|  | **Intake from complementary food5** | |  |  |  |  |  |  |  |  |  |  | | | |  |  | |  | |
|  |  | 7-11 months | 147 |  | 546.2  (33.9) |  | 377  (27.1) | 527  (34.8) | 689 (45.8) | 700 | N/A | 0.56  (0.06) | | | | 0.34 (0.04) | 0.50  (0.06) | | 0.71  (0.08) | |
|  |  | 1-3 years | 83 |  | 878.1  (70.8) |  | 697  (59.7) | 856  (70.9) | 1035 (89.9) | 300 | N/A | 1.24  (0.08) | | | | 1.01 (0.08) | 1.20  (0.08) | | 1.43  (0.09) | |
| **Not Currently breastfed** | | |  |  |  |  |  |  |  |  |  |  | | | |  |  | |  | |
|  | **Total intake** | |  |  |  |  |  |  |  |  |  |  | | | |  |  | |  | |
|  |  | 7-11 months | 552 |  | 1256.8  (26.1)a |  | 1051  (21.6) | 1212  (26.2) | 1418  (32.0) | 700 | 99.12 (0.26) | 0.43  (0.01) | | | | 0.32 (0.01) | 0.40  (0.01) | | 0.52  (0.02) | |
|  |  | 1-3 years | 2799 |  | 2047.1  (23.9)a |  | 1642  (31.7) | 1986  (24.2) | 2388  (33.2) | 3000 | 5.91  (0.94) | 1.04  (0.02) | | | | 0.82 (0.01) | 1.00  (0.01) | | 1.21  (0.02) | |
|  | **Intake from complementary food5** | |  |  |  |  |  |  |  |  |  |  | | | |  |  | |  | |
|  |  | 7-11 months | 547 |  | 633.3  (20.9) b |  | 451  (18.9) | 593  (20.9) | 768  (24.4) | 700 | N/A | 0.60  (0.04) | | | | 0.26 (0.02) | 0.44  (0.03) | | 0.74  (0.05) | |
|  |  | 1-3 years | 2795 |  | 1430.1  (19.3)b |  | 1102 (16.6) | 1376 (19.2) | 1699 (23.4) | 3000 | N/A | 1.38  (0.02) | | | | 1.11 (0.02) | 1.33  (0.02) | | 1.60  (0.03) | |

NHANES, National Health and Nutrition Examination Survey; AI, Adequate Intake; N/A, not applicable.

1 Sodium-to-potassium ratio was calculated using sodium intake (mg/day) divided by potassium intake (mg/day). Mean, median and interquartile ranges (25th and 75th percentiles) of usual potassium intakes (mg/d) and sodium-to-potassium ratio, as well as the proportion above AI were estimated from PC-SIDE (Department of Statistics, Iowa State University) with data from up-to-two 24-hour dietary recalls adjusted for the day of the week of the recall, and age (month, continuous), gender, maternal age at birth (continuous), poverty-index ratio and race-ethnicity. Individuals missing data on incomplete first-day 24-hour dietary recall were excluded. Jackknife replicate weights based on first-day dietary weights were used to account for the complex sampling design were used in PC-SIDE to estimate standard errors.

2 Children aged 4-5 years are not included in this analysis as none were currently breastfed on either day of the 24-hour dietary recall.

3 Unweighted sample sizes.

4 An Adequate Intake (AI) has been defined for potassium.

5 Intake from complementary food was defined as intake from beverages and food other than human milk, infant formula (USDA food code 11710000-11820000) or milk (USDA food code 11000000-11340000).

a P < 0.05, Z-test for difference in means when compared with the total sodium intake in breastfed children by the corresponding month and year.

b P < 0.05, Z-test for difference in means when compared with intake from food and beverages other than milk or infant formula in breastfed children by the corresponding month and year.