| **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 |
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|  | **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 |
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|  | **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.