

Supplemental Table S1: An alphabetical listing of the 125 Sentinel Foods^a, sorted by food category^b.

Food Category	Sentinel Food Description
Asian Mixed Dishes	Chicken and vegetables, Chinese restaurant
	Orange chicken, Chinese restaurant
	Vegetable egg roll
	Vegetable fried rice, Chinese restaurant
Breads, Rolls, Tortillas	Bagel
	Flour tortilla
	Hamburger roll
	Taco shell, corn
	Wheat bread
	White bread
Breakfast Cereals	Cheerios
	Frosted flakes
	Instant oatmeal, flavored
	Raisin Bran
Cheese	American cheese
	Cheddar cheese
	Cottage cheese, reduced or low fat
	Fried mozzarella sticks, fast food or restaurant
	Mozzarella cheese, part-skim
	Parmesan cheese, grated
Condiments and Sauces	Barbecue sauce
	Catsup
	Dill pickles
	Marinara sauce, ready to serve
	Nacho cheese dip
	Salsa
	Soy sauce
	Soy sauce, reduced sodium

Cured Meats/Poultry	Tomato sauce, canned
	Beef hot dog
	Bologna
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Food Category	Sentinel Food Description
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Cured Meats/Poultry	Ham, packaged and deli
	Kielbasa
	Meat and poultry hot dog
	Pork bacon
	Pork sausage
	Salami
	Turkey, packaged and deli
Grain Based Mixed Dishes	
	Lasagna with meat, fast food or restaurant
	Lasagna with meat, frozen
	Macaroni and cheese, fast food or restaurant
	Macaroni and cheese, prepared from packaged
	Ravioli, meat-filled, canned
	Spaghetti with meatballs, canned
	Spanish rice, fast food or restaurant
	Spanish rice, prepared from packaged
Meat and Poultry Mixed Dishes	
	Chicken pot pie, frozen
	Chili with meat and beans, canned
	Chili with meat and beans, fast food or restaurant
Meats	
	Pork chop
Mexican Mixed Dishes	
	Bean burrito, fast food
	Beef hard taco, fast food
	Beef soft taco, fast food
	Chicken soft taco, fast food
Pizza	
	Cheese pizza, thick crust, fast food or restaurant
	Cheese pizza, thin crust, fast food or restaurant
	Cheese pizza, thin crust, frozen
	Pepperoni pizza, regular crust, fast food or restaurant
	Pepperoni pizza, thick crust, fast food or restaurant

Plant-Based Protein Foods

Peanut butter
Peanuts, dry roasted, salted
Pork and beans, canned
Refried beans, canned
Refried beans, fast food or restaurant

Potato Products

French fries, fast food or restaurant

Food Category	Sentinel Food Description
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French fries, frozen
Hash browns, fast food
Mashed potato, fast food or restaurant
Potato salad, ready-to-eat
Tater tots, frozen

Poultry Products

Chicken nuggets, fast food or restaurant
Chicken nuggets, frozen
Chicken tenders, fast food or restaurant
Chicken tenders, frozen
Fried chicken thigh, fast food
Fried chicken thigh, frozen
Fried chicken wing, fast food
Rotisserie chicken

Quick Bread Products

Biscuit, fast food
Biscuit, refrigerated dough
Blueberry muffin
Cornbread, prepared from mix
Pancakes, frozen

Salad dressings and
mayonnaise

Italian dressing
Mayonnaise
Mayonnaise-type dressing
Ranch dressing

Sandwiches

Breaded chicken sandwich, fast food
Breaded fish fillet, fast food or restaurant
Corn dog, frozen
Double cheeseburger, fast food
Egg, cheese, and ham on muffin, fast food
Fish sandwich with cheese, fast food
Hamburger, fast food

Savory Snacks and Crackers

Cheese curls
Cracker, Ritz-like
Cracker, saltine
Hard pretzels
Microwave popcorn, butter flavor
Potato chips, flavored
Potato chips, unflavored

Food Category	Sentinel Food Description
Savory Snacks and Crackers	Tortilla chips, flavored Tortilla chips, unflavored
Seafood Products	Canned tuna, in water Fish sticks, frozen Fried shrimp, fast food or restaurant
Soups	Chicken broth, canned, ready to serve Chicken noodle soup, prepared from canned, condensed Cream of mushroom soup, prepared from canned, condensed Ramen noodle soup, prepared from packaged Tomato soup, prepared from canned, condensed Vegetable soup, canned, ready to serve

Sweet Bakery Products

Chocolate cake with icing
 Chocolate chip cookie
 Chocolate sandwich cookie
 Cinnamon bun, packaged
 Frosted toaster pastry
 Plain cake doughnut

Vegetable Products

Coleslaw, fast food or restaurant
 Corn, canned
 Green beans, canned
 Tomato and vegetable juice
 Tomato juice
 Tomatoes, canned

^aSentinel Foods are 125 popular, sodium-contributing, commercially processed and restaurant foods in the U.S. that have sodium added during processing or preparation. These foods will serve as indicators to assess changes over time [1].

^bAdapted from What We Eat In America Food Categories [2].

Supplemental Table S2: Methods used for chemical analysis and sample sizes for sodium and related nutrients at baseline^a and resampling^b

Nutrient	Methods	Numbers of composites (Resampled)	Numbers of composites (Baseline) ^d
Sodium and potassium	AOAC 985.01(3.2.06) and 984.27 (50.1.15)	649	1,654
Total fat	AOAC 922.06, 925.12, 989.05, or 954.02	650	1,615
Sugars	AOAC 982.14 (32.2.07)	508	675
Saturated Fatty Acids	AOAC 996.06 (41.1.28A)	459	907

^aBaseline: 125 Sentinel Foods^c sampled in 2010-2013.

^bResampled: 43 of the 125 Sentinel Foods were resampled in 2014-2017.

^cRelated nutrients studied - energy, potassium, total and saturated fat, and total sugar.

^dFor 125 Sentinel Foods [3].

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Supplemental Table S3: Resampled Sentinel Foods^a (n=43) and the corresponding FDA category for voluntary sodium reduction targets[4]

Sentinel Food	FDA Food Category Name	Packaged/P repared
American cheese	Processed Cheese/Cheese Food (Semi-soft)	Packaged
Barbecue sauce	Condiments	Packaged
Beef hot dog	Frankfurters, Hot Dogs, and Bologna	Packaged
Beef soft taco, fast food	Tacos, Burritos, and Enchiladas	Prepared
Biscuit, refrigerated dough	Frozen Biscuits	Packaged
Breaded chicken sandwich, fast food	Poultry/Fish-based Sandwiches	Prepared
Canned tuna, in water	Canned Fish and Seafood	Packaged
Catsup	Condiments	Packaged
Cheerios	Ready-to-Eat Cereal, Puffed	Packaged
Cheese curls	Puffed Corn Snacks	Packaged
Cheese pizza, thin crust, frozen	Pizza: Without Meat/Poultry or Seafood - Frozen	Packaged
Chicken nuggets, fast food or restaurant	Reformed/Restructured, Breaded/Battered Chicken	Prepared
Chicken nuggets, frozen	Reformed/Restructured, Breaded/Battered Chicken	Packaged
Chili with meat and beans, canned	Canned Meals	Packaged
Corn dog, frozen	Hot Dogs on Buns and Corn Dogs	Packaged
Dill pickles	Pickled Vegetables	Packaged
Double cheeseburger, fast food	Hamburgers/Ground Meat Sandwiches: With Cheese	Prepared
Flour tortilla	Tortillas and Wraps	Packaged
French fries, fast food or restaurant	Fried Potatoes without Toppings	Prepared
French fries, frozen	Fried Potatoes without Toppings	Packaged
Green beans, canned	Canned Vegetables	Packaged
Ham, packaged and deli	Deli Meats - Ham	Packaged
Sentinel Food	FDA Food Category Name	Packaged/P repared
Hamburger roll	White Bread	Packaged
Hard pretzels	Pretzels	Packaged
Italian dressing	Salad Dressing	Packaged

Macaroni and cheese, prepared from packaged	Grain-based Meals/Entrees, Dry- Mix	Packaged
Microwave popcorn, butter flavor	Popcorn	Packaged
Pepperoni pizza, regular crust, fast food or restaurant	Pizza: With Meat/Poultry or Seafood - Not Frozen	Prepared
Pork bacon	Cooked Bacon	Packaged
Pork sausage	Precooked Sausage	Packaged
Potato salad, ready-to-eat	Potato Side Dishes	Packaged
Ramen noodle soup, prepared from packaged	Dry Mix Soup	Packaged
Ranch dressing	Salad Dressing	Packaged
Ravioli, meat-filled, canned	Canned Meals	Packaged
Refried beans, canned	Canned Vegetables	Packaged
Salami	Salami and Pepperoni	Packaged
Salsa	Vegetable/fruit-based Dips	Packaged
Taco shell, corn	Hard Taco Shells	Packaged
Tomatoes, canned	Canned Vegetables	Packaged
Tortilla chips, unflavored	Unflavored Grain Chips	Packaged
Turkey, packaged and deli	Deli Meats -Turkey/Chicken	Packaged
Wheat bread	Wheat and Mixed Grain Bread	Packaged
White bread	White Bread	Packaged

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References

1. Ahuja, J.K.; Pehrsson, P.R.; Haytowitz, D.B.; Wasswa-Kintu, S.; Nickle, M.; Showell, B.; Thomas, R.; Roseland, J.; Williams, J.; Khan, M. Sodium monitoring in commercially processed and restaurant foods. *Am J Clin Nutr* **2015**, *101*, 622-631, Available online: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4501259/> (accessed on 9 May 2019).
2. U.S. Department of Agriculture. What We Eat in America: Food categories 2011-2012. Available online: https://www.ars.usda.gov/ARSUserFiles/80400530/pdf/1314/food_category_list.pdf (accessed on March 27, 2019).
3. Ahuja, J.K.; Wasswa-Kintu, S.; Haytowitz, D.B.; Daniel, M.; Thomas, R.; Showell, B.; Nickle, M.; Roseland, J.M.; Gunn, J.; Cogswell, M. Sodium content of popular commercially processed and restaurant foods in the United States. *Prev Med Rep* **2015**, *2*, 962-967, Available online: <https://www.sciencedirect.com/science/article/pii/S2211335515001606> (accessed on 9 May 2019).
4. US Food and Drug Administration. Draft guidance for industry: voluntary sodium reduction goals: target mean and upper bound concentrations for sodium in commercially processed, packaged, and prepared foods. Available online: <https://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/ucm494732.htm> (accessed on March 27, 2019).