

Table 3 Food contribution to sodium/salt intake based on sex in adults, children and adolescents

Food groups (%)	Women	Men	P*	Girls	Boys	P*
	Mean (SD)	mean (SD)		mean (SD)	mean (SD)	
Added salt	48.7 (14.2)	45.3 (14.2)	< 0.001	44.7 (13.2)	42.5 (12.2)	< 0.001
Bread	16.4 (8)	17.8 (7.4)	< 0.001	16 (8.1)	17.1 (7.8)	< 0.001
Cheese	8.9 (6.2)	8.1 (5.6)	0.004	8.4 (4.9)	7.9 (5.0)	0.028
Dairy	5.7 (4.3)	6 (5.6)	0.063	5.5 (4.9)	5.6 (4.0)	0.336
Salty vegetables	6.3 (5.3)	4.2 (3.4)	< 0.001	5.1 (5)	3.7 (4.8)	< 0.001
Meat	1.1 (0.9)	1.3 (1.2)	0.185	1.4 (1.1)	1.6 (1.2)	0.324
Fast food	1.8 (2.7)	3.1 (3.7)	< 0.001	2.5 (3.4)	3.4 (4.5)	< 0.001
Sweets	1.4 (2.1)	2.5 (2.7)	< 0.001	2.8 (2.5)	3.1 (2.6)	0.172
Processed meats	3.6 (2.7)	4.4 (3.2)	< 0.001	5.9 (4)	6.7 (4.5)	0.002
Other vegetables	1.3 (1.2)	1.1 (0.97)	0.126	1.3 (1.1)	0.9 (1)	0.154
Junk food	1.9 (2.1)	2.1 (2.3)	0.142	2.2 (1.9)	3.3 (2.1)	< 0.001
Sauces	0.6 (0.7)	0.8 (0.9)	0.173	0.8 (0.9)	0.9 (1.1)	0.332
Canned food	0.8 (0.9)	1.5 (1.2)	< 0.001	1.0 (1.2)	1.3 (1.5)	0.194
Nuts and seeds	0.6 (0.8)	0.5 (0.7)	0.253	0.8 (1.1)	1.1 (1.3)	0.212
Other cereals	0.3 (0.2)	0.2 (0.1)	0.247	0.2 (0.2)	0.2 (0.1)	0.823
Fruits	0.5 (0.6)	0.4 (0.4)	0.259	0.3 (0.3)	0.3 (0.3)	0.839
Legumes	0.05 (0.05)	0.1 (0.09)	0.471	0.05 (0.03)	0.04 (0.03)	0.473
Fat and oils	0.3 (0.5)	0.5 (0.4)	0.145	0.8 (0.9)	0.6 (0.8)	0.209

*Mann-Whitney U test. SD = standard deviation.