



Appendix 1

This appendix was part of the submitted manuscript and has been peer reviewed. It is posted as supplied by the authors.

Appendix to: Garcia J, Dunford EK, Sundstrom J, Neal BC. Changes in the sodium content of leading Australian fast-food products between 2009 and 2012. *Med J Aust* 2014; 200: 340–344. doi: 10.5694/mja13.10049.

Appendix 1: Mean and change in sodium content in mg/100 g and mg/serve of fast food categories in Australia between 2009 and 2012.

Fast Food Category	Year				Difference (mg Na/100g) between 2009 and 2012 (95% CI) ¹	Average change (mg Na/100g) per year across 2009, 2010, 2011 and 2012 (95% CI) ²
	2009	2010	2011	2012		
Breakfast products (n)	20	27	25	22		
Mean Na mg/100g (range)	468 (241-700)	485 (82-738)	462 (40-697)	490 (240-684)	+22 (-58 to +102)	-3 (-9 to +4)
Mean Na mg/serve (range)	736 (211-1653)	791 (164-1653)	710 (96-1439)	734 (203-1306)	-2 (-230 to +225)	-4 (-14 to +6)
Burger products (n)	41	52	48	51		
Mean Na mg/100g (range)	520 (321-774)	526 (284-758)	520 (256-864)	488 (245-729)	-32 (-81 to +15)	-11 (-15 to -8)
Mean Na mg/serve (range)	1107 (500-1680)	1181 (491-2514)	1148 (491-2246)	1069 (480-2179)	-38 (-187 to +110)	-36 (-45 to -26)
Chicken products (n)	24	22	30	31		
Mean Na mg/100g (range)	619 (287-1280)	636 (352-1280)	599 (352-896)	580 (286-896)	-39 (-14 to +64)	-25 (-39 to -12)
Mean Na mg/serve (range)	742 (222-2497)	748 (222-2497)	817 (186-2497)	810 (176-2617)	+68 (-218 to +355)	-33 (-46 to -19)
Pizza products (n)	143	146	168	185		
Mean Na mg/100g (range)	571 (317-890)	555 (241-890)	521 (241-890)	507 (241-848)	-64 (-88 to -40)	-16 (-20 to -13)
Mean Na mg/serve (range)	439 (257-669)	423 (213-772)	404 (37-820)	376 (158-772)	-63 (-90 to -42)	-14 (-18 to -11)
Salads (n)	19	20	18	16		
Mean Na mg/100g (range)	238 (14-665)	188 (14-410)	179 (14-414)	142 (16-489)	-96 (-201 to +8)	-4 (-7 to 0)
Mean Na mg/serve (range)	644 (18-1644)	555 (16-1070)	561 (16-1122)	427 (18-1022)	-217 (-463 to -28)	-15 (-26 to -5)
Sandwiches (n)	40	57	73	46		
Mean Na mg/100g (range)	440 (237-684)	398 (169-627)	410 (186-719)	355 (186-661)	-85 (-130 to -39)	-16 (-23 to -10)
Mean Na mg/serve (range)	937 (411-1580)	872 (285-1464)	1041 (190-2222)	738 (190-1367)	-199 (-324 to -76)	-50 (-67 to -32)
Sides (n)	15	24	19	28		
Mean Na mg/100g (range)	404 (264-570)	386 (1-589)	374 (1-640)	450 (1-698)	+46 (-45 to +138)	+5 (-4 to +14)
Mean Na mg/serve (range)	464 (122-1611)	437 (1-1611)	419 (1-1611)	825 (1-3001)	+361 (-23 to +746)	+40 (0 to +79)
Overall (n)	302	348	381	379		
Mean Na mg/100g (range)	514 (14-1280)	492 (1-1280)	478 (1-896)	471 (1-896)	-43 (-66 to -20)	-14 (-16 to -11)
Mean Na mg/serve (range)	654 (18-2497)	667 (1-2514)	680 (1-2497)	605 (1-3001)	-49 (-108 to +10)	-21 (-25 to -16)

Na=sodium, mg=milligrams, g=grams, CI=confidence interval.

¹Estimates derived from unpaired t-tests comparing 2009 to 2012

²Estimates derived from mixed models including data from 2009, 2010, 2011 and 2012