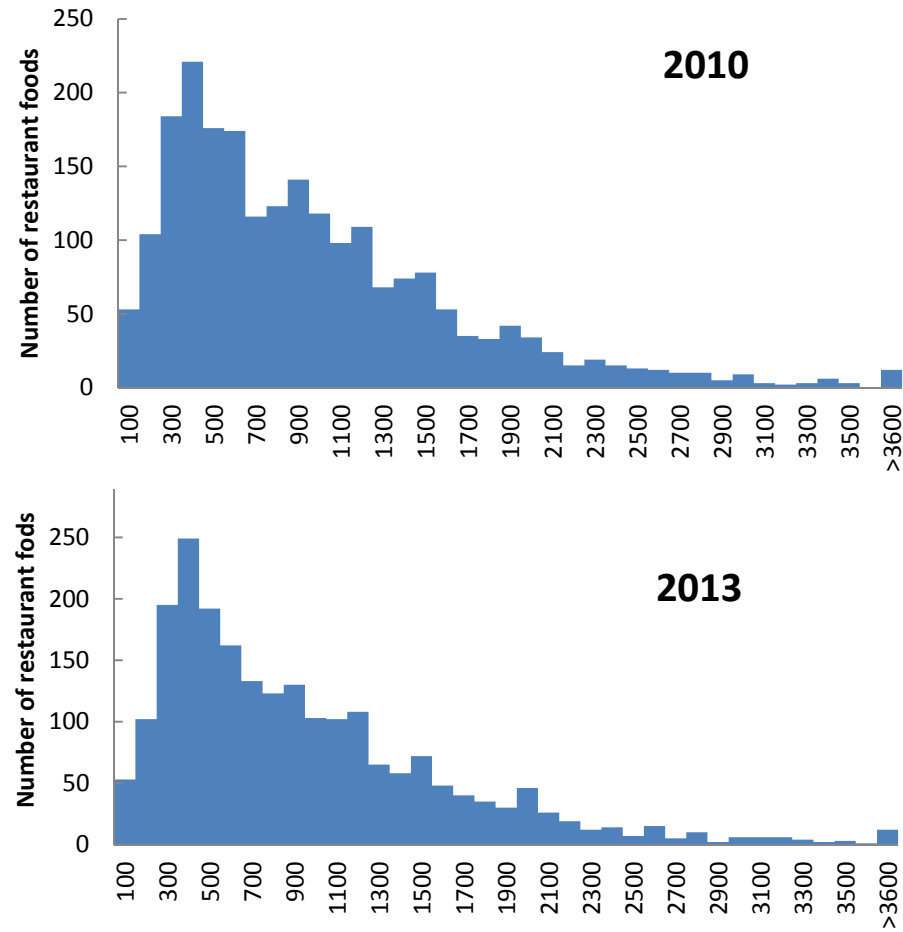


## Appendix 1: Supplementary tables and figures

Supplementary Table 1

Reason for exclusion	Excluded restaurants
Did not provide sodium data	Freshslice, Starbucks and Topper's Pizza
Did not provide serving size data	Booster Juice, Captain Sub, Good Earth Coffeehouse, The Keg, Milestones, Pizza Salvatore, Wendy's and Quiznos
Only provided data for beverages and ice cream	Baskin Robbins, Blenz Coffeehouse, Esquires Coffeehouse, Freshly Squeezed, La Cremiere, MarbleSlab Creamery, Second Cup, TCBY and Yogen Fruz
Substantially changed the presentation of the data	Smitty's and Mucho Burrito
Only provided data specific to the US	Applebees, Cinnabon, Domino's Pizza, Godfather's Pizza, Nandos Flame Grilled Chicken, Popeyes Chicken and Biscuits and Papa John's Pizza
Reported nutrition information in 2010 but not in 2013	Jimmy the Greek, Lick's, Mega Wraps and Mary Brown's Chicken
Cafeteria supplier	Aramark
The following restaurants had greater than 20 outlets in 2010 and did not report nutrition information online in 2010	abc Country Restaurant, Au Vieux Duluth Express, Bean Around the World Coffees, Beaver Tails, Bourbon Street Grill, Cactus Club Café, Café on the Go, Café Presse, Café Supreme, Café Vienne, 2 for 1 Pizza in Canada, Casa Grecque, Chez Ashton, Chez Coras, Chicken Chef, Chicken Delight, Coffee Culture Café, Crabby' Joe's Tap and Grill, Cultures, Delta Hotels, Dixie Lee Chicken and Seafood, Double Double Pizza & Chicken, Double Pizza, Eggsquis, Family Pizza, Fit for Life, Flaming Wok, Free Topping Pizza, Gabriel Pizza, Gino's Pizza, Golden Griddle, Grandma Lee's Bakery and Café, Greco Pizza-Donair, Humpty's Family Restaurant, Husky House Restaurant, Jungle Jim's, Koryo Korean BBQ, Koya Japan, La Piazzetta, Le Muffin Plus, Les Rotisseries Fusee, Mamma's Pizza, Mandarin, Moxie's Bar and Grill/Classic Grill, Original Joe's, Pacini, Panzerotto Pizza, Pizza Depot, Pizza Shack, Pretzelmaker, Red Lobster, Restaurant Amir, Restaurant Normandin, Ricky's All Day Grill, Saint Cinnamon, Select Sandwich Co, Serious Coffee, Square Boys Pizza and Subs, St. Hubert, St. Louis Bar and Grill, Sukiyaki - A Japanese Delight, Sunset Grill, Sushi Shop, Tea Shop 168, The Bagel Stop, The Firkin Group of Pubs, The Pantry Restaurant, Tiki-Ming, Tony Roma's A Place for Ribs, Tutti Fruitti Dejeuners, Valentine, Vern's Pizza, Villa Madina, Wild Wing, Williams Fresh Café and Wimpy's Diner

**Supplementary Figure 1** Distribution of the sodium level (mg/serving) in Canadian chain restaurant foods (n=2198) in 2010 and 2013



**Supplementary Table 2** Changes in sodium levels from 2010 to 2013 among baked goods, desserts and side dishes (n=803)

		Sodium level (mg/serving), mean±SD§					
	n	2010	2013	Percentage of foods that decreased (%)	Average percent change in sodium among foods that decreased, median (25th, 75th percentile)	Percentage of foods that increased (%)	Average percent change in sodium among foods that increased, median (25th, 75th percentile)
<b>Baked Goods and Desserts</b>							
Other Baked Goods	14	439±298	461±283	14	-6±1	29	48 (26, 94)
Muffins	87	432±159	423±150	8	-18±15	1	5
SDR Desserts	92	332±238	342±285	11	-47±28	16	20 (6, 90)
Donuts	49	283±60	283±60	0	0	0	0
Pastries	16	273±91	304±92	19	-11±8	25	97 (53, 135)
Cookies	45	179±95	174±97	22	-19±9	7	29 (19, 37)
<b>Side Dishes</b>							
Soup (fast-food)	120	1087±535	1061±497‡	15	-11 (-15, -9)	0	0
Soup (sit-down restaurants)	51	979±431	873±470*	39	-26 (-56, -12)	16	21 (14, 42)
Fries (sit-down restaurants)	15	818±523	892±593	33	-23 (-27, -7)	27	33 (21, 60)
Fries (fast-food)	15	776±445	781±487	36	-30 (-33, -8)	7	237
Rice	13	684±704	660±705	15	-43 (-58, -29)	15	100
Potatoes (baked, roasted or mashed)	20	540±356	546±362	10	-16 (-19, -12)	10	26 (20, 28)
Salad	45	378±175	402±187	22	-27 (-31, -19)	31	49 (18, 121)
Coleslaw	12	354±135	324±144	25	-37 (-47, -14)	0	0

Vegetables	23	232±250	220±220	17	-36 (-66, -21)	13	245 (156, 416)
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\*Paired t-tests, p<0.05, †p<0.01, ‡p<0.001, §standard deviation

|| Medians were reported to prevent extreme values from skewing the average

**Supplementary Table 3** Changes in sodium density (mg/100g) from 2010 to 2013 in various food categories from Canadian chain sit-down and fast-food restaurants (n=2198)

	n	Sodium density (mg/100g), mean±SD§		Percentage of foods that decreased (%)	Average percent change in sodium among foods that decreased, median (25th, 75th percentile)	Percentage of foods that increased (%)	Average percent change in sodium among foods that increased, median (25th, 75th percentile)
		2010	2013				
<b>Sit-Down Restaurants</b>							
Pizza	93	524±154	433±149‡	90	-17 (-32, -6)	10	10 (8, 12)
Sandwiches/Wraps	73	507±194	534±218	22	-9 (-21, -8)	34	12 (6, 35)
Chicken	42	456±206	432±197	26	-21 (-44, -5)	19	19 (0.5, 42)
Entrées w/ multiple meats and seafood (ex. surf n turf)	12	454±178	455±176	25	-3 (-3, -1)	8	12
Hamburgers	39	415±135	443±128	33	-41 (-45, -28)	28	43 (19, 94)
Ribs	19	407±114	416±129	5	-131	16	18 (18, 35)
Breakfast	74	389±143	389±142	27	-18 (-28, -5)	19	24 (8, 68)
Pasta Entrée	76	334±113	305±110‡	62	-9 (-22, -4)	18	8 (1, 17)
Salad Entrée	19	325±152	340±151	32	-19 (-23, -18)	37	32 (3, 179)
Steak and other Beef Entrees	36	319±301	320±288	19	-37 (-54, -21)	22	55 (27, 148)
Stir Fry	10	319±135	347±149	10	-41	40	46 (14, 93)
Seafood	24	311±217	303±211	17	-20 (-32, -8)	4	69

Salad Entrée w/Meat	41	294±97	306±103	17	-13 (-17, -10)	36	19 (3, 34)
<b>Fast-Food</b>							
Hot Dogs	13	818±60	773±82	77	-7 (-11, -4)	15	11 (3, 20)
Chicken	47	619±174	559±163‡	42	-19 (-35, -12)	6	10 (10, 14)
Poutine	15	599±196	568±144	47	-14 (-23, -5)	13	69 (8, 129)
Sandwiches/Wraps	203	554±208	548±210	38	-16 (-24, -8)	20	27 (9, 61)
Tacos/Burritos	61	522±264	424±124‡	72	-22 (-35, -13)	28	15 (2, 28)
Hamburgers	60	490±131	488±135	37	-7 (-15, -5)	27	5 (2, 8)
Breakfast	113	474±191	459±181*	53	-12 (-15, -5)	13	2 (2, 8)
Pizza	263	397±119	402±123*	26	-5 (-10, -3)	30	12 (5, 16)
Sushi	11	342±71	388±112	0	na	36	35 (14, 36)
Stir Fry	24	326±33	326±33	0	na	0	0
Salads w/Meat	22	317±80	313±92	45	-8 (-24, -3)	23	17 (3, 55)
Pasta	25	275±152	275±152	0	na	0	0
Salads	20	208±94	218±90	47	-31 (-45, -16)	13	69 (34, 106)
Stir Fry (no sodium/low sodium)	37	208±56	208±56	0	na	0	0
<b>Kids' Menu Items</b>							
Fast-food kid's Meals	13	532±197	503±188	38	-23 (-23, -4)	8	16
Sit-Down Kid's Meals	68	438±196	419±193	31	-18 (-34, -7)	15	7 (5, 43)
Kid's Side Dishes	27	253±178	241±158	33	-22 (-28, -18)	28	183 (12, 263)
<b>Baked Goods and Desserts</b>							
Other Baked Goods	14	425±183	456±177	0	na	43	17 (3, 52)
Donuts	49	394±65	392±66	2	-23	0	0
Pastries	16	368±199	381±127	19	-3 (-46, -1)	25	67 (33, 96)
Cookies	45	339±115	335±106	18	-21 (-26, -13)	11	37 (35, 60)
Muffins	87	335±117	333±112	5	-20 (-29, -9)	5	10 (9, 14)
SDR Desserts	92	172±113	173±115	9	-40 (-69, -15)	18	29 (4, 48)
<b>Side Dishes</b>							
Fries (fast-food)	15	479±268	451±219	21	-33 (-45, -19)	14	84 (1, 168)

Rice	13	369±321	355±314	23	-29 (-50, -1)	15	122 (100, 145)
Fries (sit-down restaurants)	15	362±227	425±316	27	-15 (-25, -3)	20	31 (6, 240)
Soup (sit-down restaurants)	51	350±139	320±125*	41	-21 (-27, -11)	16	17 (5, 52)
Soup (fast-food)	120	343±65	328±64‡	23	-17 (-20, -10)	1	3
Coleslaw	12	305±94	284±103	17	-43 (-49, -37)	8	15
Potatoes (baked, roasted or mashed)	20	243±159	238±160	20	-19 (-29, -12)	5	15 (1, 29)
Salad	45	243±125	247±120	31	-23 (-35, -15)	29	38 (16, 122)
Vegetables	23	171±168	166±151	17	-29 (-60, -17)	13	245 (163, 416)

\*Paired t-tests, p<0.05, †p<0.01, ‡p<0.001, §standard deviation

|| Medians were reported to prevent extreme values from skewing the average

**Supplementary Table 4** Percentage of foods (n=1603) at each restaurant whose sodium density (sodium per 100g) increased or decreased, and the average percent change, in order of percentage of foods that decreased

Restaurant	n	Percentage of foods that decreased (%)	Average percent change in sodium (mg/100g) among foods that decreased, median (25th, 75th percentile) ‡	Percentage of foods that increased (%)	Average percent change in sodium (mg/100g) among foods that increased, median (25th, 75th percentile)
Subway*	51	82	-16 (-23, -12)	10	2 (2, 2)
Pizza Hut*	73	79	-29 (-36, -7)	3	1 (0.15, 1)
Taco Time	18	78	-35 (-50, -13)	22	8 (1, 73)
Taco Bell*	32	78	-20 (-31, -13)	9	8 (2, 10)
A&W	34	73	-6 (-12, -5)	15	2 (1, 2)

Boston Pizza	106	72	-9 (-20, -5)	18	10 (6, 15)
Dairy Queen	18	72	-13 (-21, -4)	28	15 (1, 27)
Shoeless Joe's	18	67	-20 (-27, -11)	28	27 (25, 76)
White Spot Triple O's	20	65	-16 (-23, -15)	0	na
KFC*	24	62	-23 (-36, -13)	4	9†
Dagwood Sandwiches and Subs	38	53	-14 (-25, -7)	45	37 (12, 58)
Burger King	51	51	-3 (-7, -1)	22	5 (3, 8)
East Side Mario's	45	50	-12 (-25, -5)	41	9 (3, 19)
Mike's Restaurant	80	46	-20 (-29, -12)	44	23 (7, 82)
Kelsey's	44	45	-16 (-33, -10)	32	18 (3, 32)
Arby's	28	43	-5 (-19, -2)	57	18 (5, 72)
Panago	171	43	-6 (-12, -3)	44	12 (5, 16)
White Spot Legendary Restaurant	52	42	-10 (-28, -5)	23	23 (8, 47)
Mmmuffins	46	37	-19 (-20, -17)	0	na
Montanas	75	37	-19 (-27, -4)	15	17 (8, 54)
Taco Del Mar	27	30	-22 (-36, -13)	70	26 (9, 55)
Tim Hortons	70	28	-12 (-21, -3)	19	9 (8, 14)
The Great Canadian Bagel	85	27	-15 (-15, -15)	0	na
Joey's Restaurant	20	25	-26 (-40, -9)	75	35 (15, 94)
McDonald's*	46	30	-7 (-15, -6)	22	10 (1, 17)
Edo Japan	18	22	-9 (-10, -9)	0	na
Jack Astors	24	21	-36 (-50, -27)	79	78 (30, 144)
Harvey's	25	20	-14 (-19, -14)	0	na
Mr. Greek	35	17	-31 (-44, -1)	6	132 (20, 244)
Scores Rotisserie	30	17	-12 (-22, -11)	20	8 (1, 19)
Casey's	46	11	-34 (-49, -18)	22	23 (18, 43)
Pizza Delight	34	9	-4 (-7, -3)	6	13 (1, 25)
New Orleans Pizza	20	5	-38	90	53 (14, 74)
Earl's Restaurant	28	0	na	7	22 (3, 42)

Extreme Pita	43	0	na	2	73
Mrs. Vanelli's	28	0	na	4	13

The following restaurants reported no changes in sodium level between 2010 and 2013: 241 Pizza, Baton Rouge, Coffee Time, Country Style, Denny's, Flying Wedge Pizza, Little Caesars, Manchu Wok, Mr. Sub, Pita Pit, Pizza 73, Pizza Nova, Pizzaville, Robin's Donuts, Swiss Chalet, Teriyaki Experience, Van Houtte's Bistro

The following restaurants were excluded from this table because they had <10 menu items included in this study: Bento Nouveau, Druxy's Deli, Jugo Juice, New York Fries, Opa, Orange Julius, Pizza Pizza, Treats

\*Indicates restaurants that have made a voluntary commitment to reducing the sodium level in their products

†When there was only one food that increased or decreased, the percent change in that food was presented without an indicator of variance

‡Medians were reported to prevent extreme values from skewing the average.

**Supplementary Table 5** Sodium levels in foods that were discontinued, newly reported or present in 2010 and 2013 (n=3878)

	n	sodium (mg/serving)
Discontinued Foods	860	993±706*
Newly Reported Foods	820	982±730
Foods Present in 2010 and 2013	2198	892±679

\*F-value=1.25, p-value=0.3, when controlling for restaurant and food category, there was no significant difference among foods that were present in 2010 and 2013 in comparison to foods that were discontinued or newly reported.