

Appendix 1, Supplemental Table 1 (as supplied by the authors): List of salt substitutes/enhancers		
	Details/specific names that were searched for^b	Found in the restaurant food supply
Salt substitutes^a		
Potassium chloride (KCl)		yes
Calcium chloride (CaCl ₂)		yes
Magnesium chloride (MgCl ₂)		no
Magnesium sulfate (MgSO ₄)		no
Salts with altered crystal structure	The prevalence of this substitute could not be assessed in this study	Unknown
Salt enhancers^a		
Monosodium glutamate (MSG) and other glutamates	Monosodium glutamate (E 621), glutamic acid (E 620) , glutamate (E 620), monopotassium glutamate (E 622), calcium glutamate (E 623), monoammonium glutamate (E 624), magnesium glutamate (E 625), natrium glutamate, Umami, Ajnimoto, Vetsin	yes
Yeast extracts and hydrolyzed vegetable proteins	Hydrolyzed yeast protein, hydrolyzed vegetable protein, hydrolyzed yeast extract, yeast extract, torula yeast, autolyzed yeast, autolyzed plant protein, soy sauce, soy sauce extract, any "hydrolyzed protein"	yes
Nucleotides	Inosine-5'-monophosphate (IMP), guanosin-5'-monophosphate	no
Amino acids	Especially arginine	no
Lactates	Potassium lactate, calcium lactate, sodium lactate	yes
Compounds that reduce bitterness	Adenosine-5'-monophosphate, DHB (2,4-dihydroxybenzoic acid), sodium gluconate	no
^a This list of salt substitutes and enhances is from Appendix D of the Institute of Medicine's report on "Strategies to reduce sodium intakes in the United States" (1)		
^b The list of specific names that were searched for was compiled from a variety of sources (1–3)		

References

1. Institute of Medicine. Strategies to Reduce Sodium Intake in the United States. Washington, DC: The National Academies Press, 2010.
2. Health Canada. Monosodium glutamate (MSG) - Questions and Answers 2008 [cited 2016 July 7]. Available from: <https://www.canada.ca/en/health-canada/services/food-nutrition/food-safety/food-additives/monosodium-glutamate-questions-answers.html>.
3. Renton A. If MSG is so bad for you, why doesn't everyone in Asia have a headache? The Guardian. 2005.