

Table 2 Mean of daily sodium and salt intake based on sex in adults, children and adolescents

Salt intake	Total Mean (SD)	Women Mean (SD)	Men Mean (SD)	P*	Total Mean (SD)	Girls Mean (SD)	Boys Mean (SD)	P*
Added salt (g/d)	5.1 (2.7)	5.1 (2.8)	5.2 (2.7)	0.57	4.5 (2.2)	4.4 (2.2)	4.5 (2.3)	0.456
Total salt (g/d)	10.9 (3.4)	10.4 (3.3)	11.5 (2.7)	< 0.001	10.3 (2.9)	9.9 (3.1)	10.6 (2.8)	< 0.001
Total sodium (g/d)	4.3 (1.4)	4.1 (1.3)	4.5 (1.4)	< 0.001	4.2 (1.2)	3.9 (1.3)	4.5 (1.1)	< 0.001

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