

Table 4 Food contribution in salt intake based on age group: Isfahan Salt Study

Food item	Adults	Children and adolescents	P*
	Mean (SD)	Mean (SD)	
Added salt	47.1 (14.2)	43.6 (12.7)	< 0.001
Bread	17.2 (7.7)	16.7 (8.0)	0.013
Cheese	8.6 (5.9)	8.1 (4.9)	0.012
Dairy	5.8 (3.8)	5.6 (4.3)	0.052
Salty vegetables	5.3 (4.6)	4.3 (4.6)	< 0.001
Meat	1.2 (1)	1.5 (1.2)	0.064
Fast foods	2.4 (1.8)	3.0 (2.6)	0.008
Sweets	1.9 (1.7)	3.0 (2.2)	< 0.001
Processed meat	4.1 (3.0)	6.4 (4.1)	< 0.001
Other vegetable	1.2 (1.1)	1.0 (1.2)	0.057
Junk food	2.0 (2.1)	2.8 (2.5)	< 0.001
Sauces	0.7 (0.8)	0.9 (0.8)	0.075
Canned foods	1.1 (1)	1.2 (1.3)	0.158
Nuts and seeds	0.6 (0.8)	1.0 (1.2)	0.021
Other cereals	0.3 (0.3)	0.2 (0.1)	0.163
Fruits	0.5 (0.5)	0.3 (0.2)	0.129
Legumes	0.1 (0.1)	0.04 (0.1)	0.526
Fat and oils	0.4 (0.6)	0.7 (0.9)	0.061

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