

**Table S3.** Korean Dietary Reference Intakes (2020) for sodium [21]

Variable	Infant (mo)		Child (yr)		Male (yr)				Female (yr)			
	0–5	6–11	1–2	3–5	6–8	9–11	12–14	15–18	6–8	9–11	12–14	15–18
AI (mg/day)	110	370	810	1,000	1,200	1,500	1,500	1,500	1,200	1,500	1,500	1,500
CDRR (mg/day)	-	-	1,200	1,600	1,900	2,300	2,300	2,300	1,900	2,300	2,300	2,300

AI, adequate intake; CDRR, chronic disease risk reduction intake.