

Table S1. List of food categories and subcategories with national target for the sodium reduction on January 2018, Costa Rica.

| Category | Subcategory | National target (mg/100g) |
|----------------------|--|---------------------------|
| Condiments | Seasonings for side and main dishes | 33,100 |
| | Meat and fish seasonings | 23,000 |
| | Bouillon cubes and powders | 20,500 |
| Cookies and biscuits | Dry salted cracker | 1066 |
| | Filled salted cracker | 1111 |
| | Dry cookie | 485 |
| | Filled cookie | 485 |
| | Bread | 500 |
| Bread products | Sweet bread | 500 |
| | Wholemeal bread | 500 |
| | Sausages | 1235 |
| Processed meats | <i>Salchichón</i> ¹ | 1425 |
| | <i>Mortadella</i> ² | 1282 |
| | Ham | 1805 |
| Bakery products | Cakes | 512 |
| | English sauce ³ | 2250 |
| | Ketchup | 990 |
| Sauces | Tomato and other vegetables-based sauces | 616 |
| | Tomato paste | 572 |

Reference: Alianza Público-Privada Ministerio de Salud y CACIA para implementar acciones y fomentar estilos de vida saludable, asociados particularmente al sodio, que incluyen una alimentación saludable y equilibrada, nutricionalmente adecuada DM-AM-376-2016. ¹ *Salchichón*: Cooked product, prepared on a base of fresh or frozen meat, with or without the addition of cooked meat, of authorized animals, with the addition of edible fat, perfectly crushed and mixed, emulsified or not, made with allowed ingredients and introduced in authorized casings with a minimum 113 mm and a maximum 160 mm perimeter, smoked or not. ² *Mortadella*: Cooked product, prepared on the basis of fresh or frozen meat, with added or not of cooked meat, of authorized animals, with added edible fat, perfectly crushed and mixed, emulsified or not, made with ingredients of permitted use and introduced in covers authorized with a perimeter greater than 160 mm, smoked or not. Reference: Technical regulation RTCR 411:2008 Processed meat products: Sausage, *Salchichón*, *Mortadella* and *Chorizo*. Available on: http://www.pgrweb.go.cr/scij/Busqueda/Normativa/Normas/nrm_texto_completo.aspx?nValor1=1&nValor2=64990&nValor3=75733. ³ English Sauce: Non-emulsified, Worcestershire type sauce. It is not only used to accompany dishes, but it is also used as a condiment and even to prepare other types of sauces. The liquid and fermented composition of the English type sauce makes it perfect to serve with both cooked and raw foods. It is used in many recipes of the Costa Rican cuisine, as part of the ingredients for the preparation of dishes such as *Gallo Pinto* or served directly on food as a dressing, for example in tamales. Available on: <https://extranet.who.int/nutrition/gina/sites/default/files/COMIECO%202011%20Etiquetado%20Nutricional%20de%20Productos%20Alimenticios%20Preenvasados%20para%20Consumo%20Humano.pdf>