

Supplementary materials

Table S1. Overview of included studies

Reference	Year	Country	Region	Characteristic Study	Age Group	Gender	Sample Size	Methodology	Food Group
Andarwulan [1]	2011	Indonesia	Jakarta (urban)	Cross-sectional study	All	M+F	222 households	Questionnaire on condiments and seasoning usage	Soy sauce
		Indonesia	Bogor (rural)	Cross-sectional study	All	M+F	222 households	Questionnaire on condiments and seasoning usage	Soy sauce
Choi [2,3]	2020	Korea	Seoul, Chungcheong-do, Gyeongsang-do, Jeolla-do	Evaluation of nutrient intake of Mn with use of dietary intake survey	Adults	M+F	640	24-h recall, executed together with dietitian	Soy sauce, seasoning
Chotivichien [4]	2021	Thailand	National data	Data modelling based on consumption data and food labelling/laboratory analysis	Non-pregnant adults	M+F (non-pregnant)	NR	National sodium chloride intake survey and market share reports	Seasoning powder, soy sauce, fish sauce
Choy [5]	2021	Singapore	Nationwide	Cross-sectional	6-12	M+F	561	24-h recall, 2 times (one weekend and one weekday)	Bouillon cubes/flavourings, essence, yeast extracts
Do [6]	2014	Vietnam	Rural	Survey on sodium intake	Adults	M+F	121	24hr direct weighing	Seasoning, fish sauce
Fang [7]	2020	China	Nationwide	China National Nutrition and Health Surveillance CNNHS 2010-2012	Adults	M+F	53993	24-h recall, 3 times, combined with household weighing method. Done by dietary trained staff. Sodium intake calculated with Chinese FCT	Soy sauce

Knowles [8]	2017	Indonesia	Nationwide	Data modelling based on market data	-	-	-	GAIN analysed data from Euromonitor passport 2013 and PT Neilson company	Soy sauce, stock (including seasoning)
		Philippines	Nationwide	Data modelling based on market data	-	-	-	2008 National Nutrition Survey (NNS) chapter on household food consumption	Soy sauce
Lauillou [9]	2012	Vietnam	national	Food consumption survey	19-50y	F	7680 households	24h recall with controlled food weighing	Soy sauce, fish sauce, flavouring powder
Lee [10]	2005	Philippines	Metropolitan Cebu	Cebu Longitudinal Health and Nutrition Survey - cohort	Adults	F	1776	Two 24-hour dietary recalls + semi structured questionnaire	Soy sauce, fish sauce
Malaysia [11]	2014	Malaysia	National	Malaysian Adult Nutrition Survey (MANS)	Adults 18-59y	M+F	NR	24h recall and FFQ	Soy sauce
Philippines national intake data [12]	2015	Philippines	National	Dietary survey	All	M+F	9930 households	Food weighing, food inventory, food recall	Soy sauce,
Theary [13]	2012	Cambodia	National	Cross-sectional survey	Adults	M+F	2797 households	Questionnaire on knowledge and utilization of soy and fish sauce	Soy sauce, fish sauce
Whitfield [14]	2016	Cambodia	PreyVeng Province (rural areas)	Community-based, double-blind, 3 parallel-arm randomized controlled efficacy trial	Adults	M+F	276	3-day weigh fish sauce record	Fish sauce
Yu [15]	2018	China	Nationwide	China health and nutrition survey	Adults	M+F	15510	Daily record	Soy sauce
Yu [16]	2011	China	National	China health and nutrition survey	Adults	M+F	12.344	Soy sauce consumption was determined on a daily basis by calculating changes in home food stock	Soy sauce
Zhai [17]	2005	China	132 counties in 31 provinces	Cross-sectional survey	Adults	M+F	68.962	24 h recall on 3 consecutive days and condiments data collected with weighing method	Soy sauce

Zhu [18]	2019	China	Shanghai	Observational cohort	>15 y	M+F	1704	3-d 24-h recall + household weighing. Chinese Database used to define groups.	Soy sauce
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Table S2. Iodine intake following fortification with different iodine levels in iodized salt for soy and fish sauces.

Country	Type of Condiment	Mean Intake of Condiment (g/d)	Assumed Salt Content of Condiment (%)	Mean Salt Intake from Condiment g/d)	Mean Iodine Intake following Fortification with Iodized Salt at Different Levels					
					18 ppm		30 ppm		70 ppm	
					µg/d	%NRV *	µg/d	%NRV *	µg/d	%NRV *
Indonesia [1,8]	soy sauce	9.1	14	1.3	23	15	38	25	89	59
Korea [2]	soy sauce	6.0	14	0.8	15	10	25	17	59	39
China [7,15–18]	soy sauce	6.8	14	0.9	17	11	28	19	66	44
Philippines [10,12]	soy sauce	3.2	14	0.4	8	5	13	9	31	21
Malaysia [11]	soy sauce	7.7	14	1.1	19	13	32	22	75	50
Cambodia [13]	soy sauce	10.2	14	1.4	26	17	43	29	100	67
Cambodia [13,14]	fish sauce	13.1	25	3.3	59	39	98	66	229	153
Vietnam [6]	fish sauce	15.9	25	4.0	27	18	119	80	104	69
Vietnam [9]	fish+soy sauce	10.6	20	2.1	72	48	64	42	278	186
Thailand [4]	fish+soy sauce	7.4	20	1.5	38	25	44	30	148	99

* NRV = Codex nutrient reference value, 150 µg/d for iodine

Table S3. Iodine intake following fortification with different iodine levels in iodized salt for seasonings and bouillon cubes.

Country	Type of Cooking Aid	Mean Intake of Cooking Aid (g/d)	Assumed Salt Content of Cooking Aid (%)	Mean Salt Intake from Cooking Aid (g/d)	Mean Iodine Intake following Fortification with Iodized Salt at Different Levels					
					18 ppm		30 ppm		70 ppm	
					µg/d	%NRV *	µg/d	%NRV *	µg/d	%NRV *
Korea [3]	seasoning	0.4	50	0.2	3	2	5	4	13	8
Thailand [4]	seasoning powder	1.3	50	0.7	12	8	20	13	46	30
Singapore [5]	bouillon cubes/flavourings, essence, yeast extracts	0.4	50	0.2	4	2	6	4	14	9
Indonesia [31]	seasoning/stock	1.8	50	0.9	16	11	26	18	61	41
Vietnam [6,9]	seasoning/flavouring powder	5.6	50	2.8	50	33	83	56	194	130

* NRV = Codex nutrient reference value, 150 µg/d for iodine

Table S4. Iron intake following fortification with different iron levels for soy and fish sauces.

Country	Type of Condiment	Mean Intake of Condiment (g/d)	Mean Iron Intake following Fortification with Different Iron Levels					
			0.1 mg Iron / g Product		0.5 mg Iron / g Product		1 mg Iron / g Product	
			mg/d	%NRV *	mg/d	%NRV *	mg/d	%NRV *
Indonesia [1,8]	soy sauce	9.1	0.9	6	4.5	32	9.1	64
Korea [2]	soy sauce	6.0	0.6	4	3.0	21	6.0	42
China [7,15–18]	soy sauce	6.8	0.7	5	3.4	24	6.8	48
Philippines [10,12]	soy sauce	3.2	0.3	2	1.6	11	3.2	22
Malaysia [11]	soy sauce	7.7	0.8	6	3.9	28	7.7	56
Cambodia [13]	soy sauce	10.2	1.0	7	5.1	36	10.2	72
Cambodia [13,14]	fish sauce	13.1	1.3	9	6.6	47	13.1	94
Vietnam [6]	fish sauce	15.9	1.6	5	8.0	57	15.9	114
Vietnam [9]	fish+soy sauce	10.6	1.1	11	5.3	38	10.6	76
Thailand [4]	fish+soy sauce	7.4	0.7	8	3.7	26	7.4	52

* NRV = Codex nutrient reference value, 14 mg/d for iron

Table S5. Iron intake following fortification with different iron levels for seasonings and bouillon cubes.

Country	Type of Cooking Aid	Mean Intake of Cooking Aid (g/d)	Mean Iron Intake following Fortification with Different Iron Levels					
			0.5 mg Iron / g Product		1 mg Iron / g Product		1.5 mg Iron / g Product	
			mg/d	%NRV *	mg/d	%NRV *	mg/d	%NRV *
Korea [3]	seasoning	0.4	0.2	1	0.4	3	0.5	4
Thailand [4]	seasoning powder	1.3	0.7	5	1.3	9	2.0	14
Singapore [5]	bouillon cubes/flavourings, essence, yeast extracts	0.4	0.2	1	0.4	3	0.6	4
Indonesia [8]	seasoning/stock	1.8	0.9	6	1.8	13	2.6	19
Vietnam [6,9]	seasoning/flavouring powder	5.6	2.8	20	5.6	40	8.3	59

* NRV = Codex nutrient reference value, 14 mg/d for iron

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