Table S1. Barriers, enablers, and perceptions on dietary salt reduction in the out-of-home sectors

Study (Country)	Findings													
	Perception			Barriers					Enablers					
	High salt is bad for health	Low salt is not tasty	Individual or organizational characteristic	Menu variability	Technical expertise for reformulation	Technical skills for cooking	Profit loss	Others	Training	Salt substitute	Gradual reduction of salt	Intervention	Food analysis studies or salt intake measurement	Others
Gase et al. 2011 (USA) [1]				costs and unavailability of low-sodium foods		unique features among food service settings		complexity of food service arrangements, lack of consumer demand for low-sodium foods, undesirable taste of low-sodium foods, preference for prepackaged products, lack of knowledge and experience in performing sodium standards, and existing multiyear contracts that are difficult to change.						

Petra et al. 2012 (Europe) [2]	99% of the respondents were aware which foods are low or high in salt.	90% of the participants added salt to dishes to enhance flavour and improve taste.							
Jaworowska et al 2012 (UK) [3]			Popular hot takeaway meals have alarming high salt content						
Coxson et al,2013 (US) [4]						A gradual reduction in dietary sodium	Range of proposed public health intervention		
Cotter et al,2013 (Portugal) [5]					Using herbs and spices		Weekly lessons on danger of high salt intake, (theory), lessons and practical in school garden of planting and collection of herbs for salt substitution at home	24 hour Urinary sodium excretion analysis	Blood pressure measurement
Lima et al 2013 (Brazil) [6]							Feasible dietary approach		
Maalouf et al 2013 (US) [7]				No comprehensive sodium content data in restaurant foods					
Antoniolli et al. 2013 (Australia) [8]								Sodium and saturated fat content were calculated from company websites	Nutritionally promoted fast foods may contain less sodium when selected

Frantz et al. 2013 (Brazil) [9]		-	9 stages of the Controlling Salt and Sodium use During Meal Preparatio n
Christoforou et al 2013 (Australia) [10]		Failure of voluntary industry efforts suggest a regulated approach for ready meal products	Reformulation
Wong et al 2013 (Canada) [11]			Sodium claim And active education program of sodium reduced cooking At worksite, cafeteria
Johnston et al. 2014 (USA) [12]			A social marketing approach was used to educate consumers about the hidden sources of dietary sodium
Webster et al 2014 (Global) [13]			Legislation

Kim et al. 2014 (Korea and USA) [14]	Consumers' knowledge of the relationship between diets high in sodium and an increased risk of developing previously reported sodium-related diseases	Current consumer knowledge on the sodium content in food products was high						
Losby et al,2014 (New York) [15]		Understanding the complexity of the melas system for older adults	Engaging experts			Gradual and voluntary reduction of sodium content	Product substitution, recipe modification	Sodium nutrient analysis	Identifying partners with shared experience and common goals Working towards sustainable sodium reduction
Ma,G,X et al (2014) Philadelphia.US [16]	Lack of knowledge on the danger of high salt intake			Training in food preparation,procument and marketing					Customer demand maintained, strategies and support
Mezue et al 2014 (Nigeria) [17]	Plan for a population-wide salt reduction strategy								
Marakis et al 2014 (Greece) [18]		Women added more salt than men in cooking							

Korosec et al 2014 (Slovenia) [19]							Market leaders have lower salt content	
Vanderlee et al 2014 (Canada) [20]						Positive impact of menu labelling		
Sookram et al. 2015 (Africa) [21]								overview of WHO supported interventions on salt intake reduction among Member States of the African
Enkhtungalag et al 2015 (Mongolia) [22]	Mongolia has one of the highest rates of stroke	Similar lifestyle				Pinch Salt intervention to reduce salt consumption among factory workers	Salt in tea contribute 30% of daily salt intake	
Kloss et al. 2015 (Europe) [23]			food safety issues, consumer acceptance concerns, cost concerns and complications arising from the use of sodium alternatives	Limited motivation among food manufacturers,		Food reformulation efforts have been made in the bread, meat, dairy and convenience foods industries.		

Trieu et al 2015 (Australia) [24]				• Reformulation with sodium content targets • Consumer education • Front-of-pack labelling • Taxation of high-salt foods • Public institution Rigorous evaluation	
Lee et al. 2015 (South Korea) [25]	Prefer reduced sodium meals				
Webster et al 2015 (Australia) [26]				Drop Salt Campaign by NGOs and food industry to advocate the government to develop a national strategy to reduce salt and Food reformulation Health Star rating front pack labelling	
Hendriksen et al. 2015 (Netherlands) [27]					reduction of salt intake to 5 grams per day is expected to substantially reduce the burden of cardiovascular disease and mortality in several European countries.

Hendriksen et al. (2015) (Netherlands) [28]					Modification of food composition or by alteration of behavior may substantially reduce the median sodium intake using two scenarios from National Food Consumption Survey 2011.
Do et al,2016 (Vietnam) [29]				COMBI intervention- effective in lowering salt intake and improve knowledge and behaviours	
Land et al 2016 (Australia) [30]		Good knowledge	Use salt substitutes	Read labels	
Takada et al. 2016 (Japan) [31]				measure the difference in estimated daily salt intake by spot urine sampling of housewives and their family members 2 months after intervention between the groups.	

Regan et al. 2016 (Ireland) [32]	A series of multiple regression revealed that individual attitudes and beliefs related to health and salt were stronger predictors of support than sociodemographic factors , lifestyle or knowledge						
Quilez et al 2016 (Spain) [33]	Good acceptance of the reduced salt breads				Replacing salt with potassium citrate in bread		
Lee & Park 2016 (Korea) [34]	Most of the participants had relatively high levels of perception regarding the importance of sodium reduction	providing sodium-reduced meals were use of processed foods	limited methods of sodium-reduced cooking in worksite cafeteria				
McLaren et al. 2016 [35]						Population level intervention	Multicomponent intervention, Incoporate product reformulation and among men

Curtis et al.2016 (USA) [36]				Industry slow progress		National target setting (voluntary target)		Monitoring through Partnership of local and , state and national nhealth organizations
Park et al. 2016 (Korea) [37]		lack of various delicious low-sodium menus	Environmental factor such as pressure to maintain profit margins	Skill and techniques related to measuring sodium content and preparing RSM were emphasized by the interviewees.				key stakeholders' psychosocial characteristics and environment factors
Wang et al. 2016 (China) [38]							The CVD Policy Model -Population wide dietary salt reduction policies	
Van Buren et al. 2016 (Netherlands)[39]					Replacement of sodium chloride by potassium chloride, particularly in key contributing product groups,			
Grimes et al. 2017 (Australia) [40]	83% percent believed that Australians eat too much salt.							
Brooks et al 2017 (Boston, US) [41]							Increase availability of lower-sodium products	
Johnson et al. 2017 [42]					Use of low sodium salt sustitute	Specific sodium target	Behavior change intervention	Spot or 24 hours urinary sodium salt intake measurement

Nilson et al. 2017 (Brazil) [43]					Monitoring sodium content of food	
Pravst et al 2017 (Slovenia) [44]						Sales-weighted sodium content
Okuda,M et al (2017) (Japan) [45]					Home environment and salt –use behaviour intervention in secondary school .	
Harnack et al. 2017 (USA) [46]	Sodium added to food outside the home accounted for ≈70% of dietary sodium intake.					
Inguglia , E.S et al (2017) [47]			Microbial safety in low sodium meat products m	The use of salt substitutes , MSG or yeast extract		High presurre processing and power ultrasound
Hendriksen et al. (2017) (Netherlands) [48]						Different health impact model assessment from seven population health impact models may affect the health impact estimate.

Temme et al. 2017 (Netherlands) [49]					The salt content of bread, certain sauces, soups, potato crisps, processed legumes and vegetables have been reduced over the period 2011–2016 in Netherlands.	
Lacey,M et al (2018) (Canada) [50]	37 % believe that patient/resident would decrese with sodium reduction			Lower sodium foods, Increased availability of pre – packaged lower sodium products		Group purchasing organizations, Goverment prioritizing and providing suppose and resources, Improved tastes of lower soium foods

Gupta et al. 2018 (India) [51]			The lack of proper implementation of even existing food policy	decreased sales due to salt reduction.	social and cultural beliefs, a large unorganized food retail sector		The development and adoption of the National Multi-sectoral Action Plan	Most of the stakeholders were in alignment with the need for a salt reduction programme in India to prevent and control hypertension and related CVD.
Trieu et al. 2018 (Australia) [52]	the proportion who understood the adverse effects of salt (+9.0%, P=0.049)	A total of 73% reported that they had heard or seen the salt reduction messages.						
Levi et al. 2018 (Australia) [53]						A 6% reduction in sodium levels in soups overall was found from 2011 to 2014		

Zhang et al. 2018 (China) [54]						1.AIS – Application Based intervention Study using mobile application to reinforce and maintain lower salt intake 2. RIS (Restaurant based Intervention Study_ for consumers,cooks and res. Manager 3.HIS (Housewife intervention study_ for family chef 4. CIS (n Comprehensive Intervention study for evaluating all interventions	
Ahn et al. 2019 (Korea) [55]	Kn0wledge edge of the recommendation of salt , difference between sodium and salt	The majority (82%) was willing to reduce sodium in restaurant foods under the support of local government and they desired the promotion of participating restaurants and education on cooking skills to reduce sodium.	Maintaining taste and hindering the cooking process were the main barriers to reduce sodium use.		Purchasing experience		Supportive social enviroment , improving dietary habits of eating high salt foods

Sparks et al. 2019 (Vanuatu) [56]	total of 83% of participants agreed that too much salt could cause health problem	more than two-thirds of the population reported always/often adding salt to food during cooking/meal preparation and at the table, and always/often consuming processed foods high in salt				
Dodd et al 2019(Australia) [57]			Economic assessments of salt reduction efforts			
Beer-borst et al. 2019 (Switzerland) [58]					workplace program of nutrition intervention for employees and catering staff is feasible.	
Arcand et al 2019 (Latin America) [59]						Sodium content in packed foods
Yang et al 2019 (China) [60]				Stages of salt reduction in food industry	Vigorous advancements of salt reduction actions	

Park et al. 2020 (Korea) [61]				South Korea implemented its National Plan to Reduce Sodium Intake, with a goal of reducing population sodium consumption by 20%, to 3900 mg/day, by 2020.	
Bolton et al. 2020 (Australia) [62]	One-third (32 %) of participants reported adding salt at the table and 61 % added salt whilst cooking.				
Dunford et al 2020 (US) [63]		Packed food sources contribute 67% of sodium intake			
Sloan et al 2020 (US) [64]					Laws: labels, workplace, vending machines
Doggui et al 2020 (Eastern Mediterranean Region) [65]					Mandatory regulatory measures for universal salt iodization.

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