

Title	'Low-salt' bread as an important component of a pragmatic reduced-salt diet for lowering blood pressure in adults with elevated blood pressure
Authors	Cashman, Kevin D.;Kenny, Sorcha;Kerry, Joseph P.;Leenhardt, Fanny;Arendt, Elke K.
Publication date	2019-07-26
Original Citation	Cashman, K. D., Kenny, S., Kerry, J. P., Leenhardt, F. and Arendt, E. K. (2019) 'Low-Salt' Bread as an Important Component of a Pragmatic Reduced-Salt Diet for Lowering Blood Pressure in Adults with Elevated Blood Pressure', <i>Nutrients</i> , 11(8), 1725. (15pp.) DOI: 10.3390/nu11081725
Type of publication	Article (peer-reviewed)
Link to publisher's version	https://www.mdpi.com/2072-6643/11/8/1725/htm - 10.3390/nu11081725
Rights	©2019 by the authors. Licensee MDPI, Basel, Switzerland. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution (CC BY) license (http://creativecommons.org/licenses/by/4.0/). - http://creativecommons.org/licenses/by/4.0/
Download date	2024-11-05 16:21:49
Item downloaded from	https://hdl.handle.net/10468/8554



UCC

University College Cork, Ireland
Coláiste na hOllscoile Corcaigh

Table S1. Regression analysis of potential predictors of response of systolic blood pressure.

Predictor	B	Standard Error	P-value
Dietary salt period	-6.23	1.81	0.001
Sex	0.75	1.89	0.69
Smoking status	-0.47	2.82	0.87
Vitamin D status	-0.10	0.07	0.19
Age	0.07	0.11	0.51
BMI	-0.20	0.226	0.38

*Additional model including urinary sodium and systolic blood pressure at baseline showed these were non-significant determinants ($P=0.14$ and $P=0.95$, respectively) and dietary salt periods remained a significant predictor ($P=0.008$).