TIPS & TECHNIQUES
For Sodium Reduction in Your Kitchen

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Product & Process Development Team
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Product & Process Development

- New ideas, trends
- Ingredient sourcing/substitution
- New packaging
- New technologies
- Formulation
- Nutrition Labeling
- Product Ideation
- Food Photography
- Culinology
WHO, 2016 Facts

• High sodium consumption (>2 grams/day, equivalent to 5 g salt/day) and insufficient potassium intake (less than 3.5 grams/day) contribute to high blood pressure and increase the risk of heart disease and stroke.

• The main source of sodium in our diet is salt, although it can come from sodium glutamate, used as a condiment in many parts of the world.

• Reducing salt intake has been identified as one of the most cost-effective measures countries can take to improve population health outcomes. Key salt reduction measures will generate an extra year of healthy life for a cost that falls below the average annual income or gross domestic product per person.

• An estimated 2.5 million deaths could be prevented each year if global salt consumption were reduced to the recommended level.

Common Institutional Foods that Contain High Amounts of Salt

• Bread
• Processed Meat
• Snack Foods
• Salad Dressings
• Condiments
• Instant Soup Mixes
• Spice Blends
• Canned Foods
Misperceptions about salt reduction (WHO, 2016)

- “On a hot and humid day when you sweat, you need more salt in the diet:” There is little salt lost through sweat so there is no need for extra salt even on a hot and humid day, although it is important to drink a lot of water.

- “Sea salt is not ‘better’ than manufactured salt simply because it is ‘natural.’” Regardless of the source of salt, it is the sodium in salt that causes bad health outcomes.

- “Salt added during cooking is not the main source of salt intake.” In many countries, about 80% of salt in the diet comes from processed foods.

- “Food does not need salt to have appealing flavour.” It takes some time for a person’s taste buds to adjust, but once they get used to less salt, one is more likely to enjoy food and notice a broader range of flavours.

- “Food has no flavour without salt.” Whilst this may be true at first, taste buds soon become accustomed to less salt and you are more likely to enjoy food with less salt, and more flavour.

- “Foods high in salt taste salty.” Some foods that are high in salt don't taste very salty because sometimes they are mixed with other things like sugars that mask the taste. It is important to read food labels to find out sodium levels.

- “Only old people need to worry about how much salt they eat:” Eating too much salt can raise blood pressure at any age.

- “Reducing salt could be bad for my health:” It’s very difficult to eat too little salt since there are so many everyday foods containing salt.
TIPS & TECHNIQUES FOR SALT REDUCTION

• Just do it!
  • Reduce salt in recipe formulations.
  • Progressive reduction in salt content.
  • Modify recipes with spices or additional ingredients.

• Remove salt shakers from dining areas.

• Promote health benefits of low sodium foods.

• Develop new marketing strategies for low sodium foods.

• Label food products that are high in sodium.

https://s-media-cache-ak0.pinimg.com/originals/a4/b1/63/a4b1632fbc6e0ee3ba926e7191d33823.jpg
Guideline for Reducing Salt in Bread

Table 1: Metric

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Table 2: Imperial

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</tr>
<tr>
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Resources

Food Standards Agency

Cargill

World Health Organization
• http://www.who.int/mediacentre/factsheets/fs393/en/

National Association of Master Bakers
• https://www.food.gov.uk/sites/default/files/multimedia/pdfs/publication/saltincraftbakerbreadguide.pdf

US Food and Drug Administration
• http://www.fda.gov/Food/IngredientsPackagingLabeling/FoodAdditivesIngredients/ucm253316.htm

American Heart Association
• https://www.heart.org/HEARTORG/Conditions/HighBloodPressure/PreventionTreatmentofHighBloodPressure/Shaking-the-Salt-Habit_UCM_303241_Article.jsp