

nutripro

NESTLÉ PROFESSIONAL NUTRITION MAGAZINE
NUMBER 6 12/2013

Balancing
taste & health

Tracking
it Down

Spice it up
in the Kitchen

Sodium

It's time to shake things up



Sodium is a public health issue of priority around the world. However research shows that many of us don't really understand the relationship between too much salt or dietary sodium and health.

This issue of NutriPro aims to highlight the sources of sodium in our daily diet and then piece together its impacts on our health.

We then take this one step further by revealing how simple changes to our choice of food, ingredients and cooking techniques can make lower salt foods great tasting as well as healthier for ourselves, our families and our customers.

Karen Kingham
BRAND NUTRITIONIST
Nestlé Professional

A matter of Taste

Salt is on the radar of health authorities around the world and Australia is no different.

AWASH, the Australian Division of World Action on Salt & Health has been championing the reduction of salt in the Australian food supply in conjunction with health professionals, government, scientists and members of the Australian food industry such as Nestlé, since it was established in 2007.

Australian adults consume approximately 8-10 grams of salt each day (1). This is far more than our bodies need for health. In fact we can survive on as little as just one gram of salt a day (2).

Australian and New Zealand health authorities recommend we all try to reduce our salt intake to less than 6 grams of salt a day (3). The World Health Organisation recommends an even lower intake of no more than 5 grams a day (4).

Is sea salt healthier than table salt?

Sea salt may be sold as a "naturally healthy" product with claims that include 'mineral rich' and 'unprocessed' but are sea salts really a healthy salt exception? Among health experts the answer is a unanimous no. The amount of minerals sea salt boasts are minute compared to what your daily two fruit and five serves of veg can provide. What's more, sea salt's unprocessed nature does nothing to stop its unhealthy effects when consumed in excess.

And the belief that sea salt is a lower sodium alternative to table salt is also myth. Sea salt and table salt both contain the same amount of sodium; 40 per cent.

& Health

can you eat a little less?

Salt or Sodium?

Are salt and sodium the same thing?
Not quite. Table salt is actually a chemical compound made up of two elements; sodium and chloride.

And, it's the sodium in salt that has the greatest impact on our health. For this reason you'll find sodium (not salt) displayed on Australian food labels as part of the Nutrition Information Panel (NIP).

It's helpful to translate the sodium content of a food into grams of salt so you can better understand what information on a label means.

To convert the milligrams of sodium from a food label into grams of salt consider the NIP below.

Take the sodium value found in the NIP and multiply it by 2.5 and then divide by 1000.

E.g. 170 milligrams of sodium per serve x 2.5 divided by 1000 = 0.4 grams of salt per serve of this soup.



To put food into the context of your daily sodium needs it's important to know:

- We should all aim to consume six grams or less of salt each day (3).
- Six grams of salt is the same as 2300 milligrams of sodium.
- A teaspoon of table salt weighs six grams.
- One gram of table salt is equal to 400 milligrams of sodium.

NUTRITION INFORMATION		
Servings Per Tub: 301		
Serving Size: 170mL (6.3g powder)		
Average Quantity	Per Serve As Prepared	Per 100mL As Prepared
Energy	90kJ	55kJ
Protein	0.4g	0.2g
Fat, Total	0.2g	LESS THAN 1g
- Saturated	0.1g	LESS THAN 1g
Carbohydrate	4.3g	2.5g
- Sugars	0.7g	0.4g
Sodium	170mg	100mg
Potassium	165mg	100mg
Gluten	NIL DETECTED	NIL DETECTED

TRACKING IT DOWN

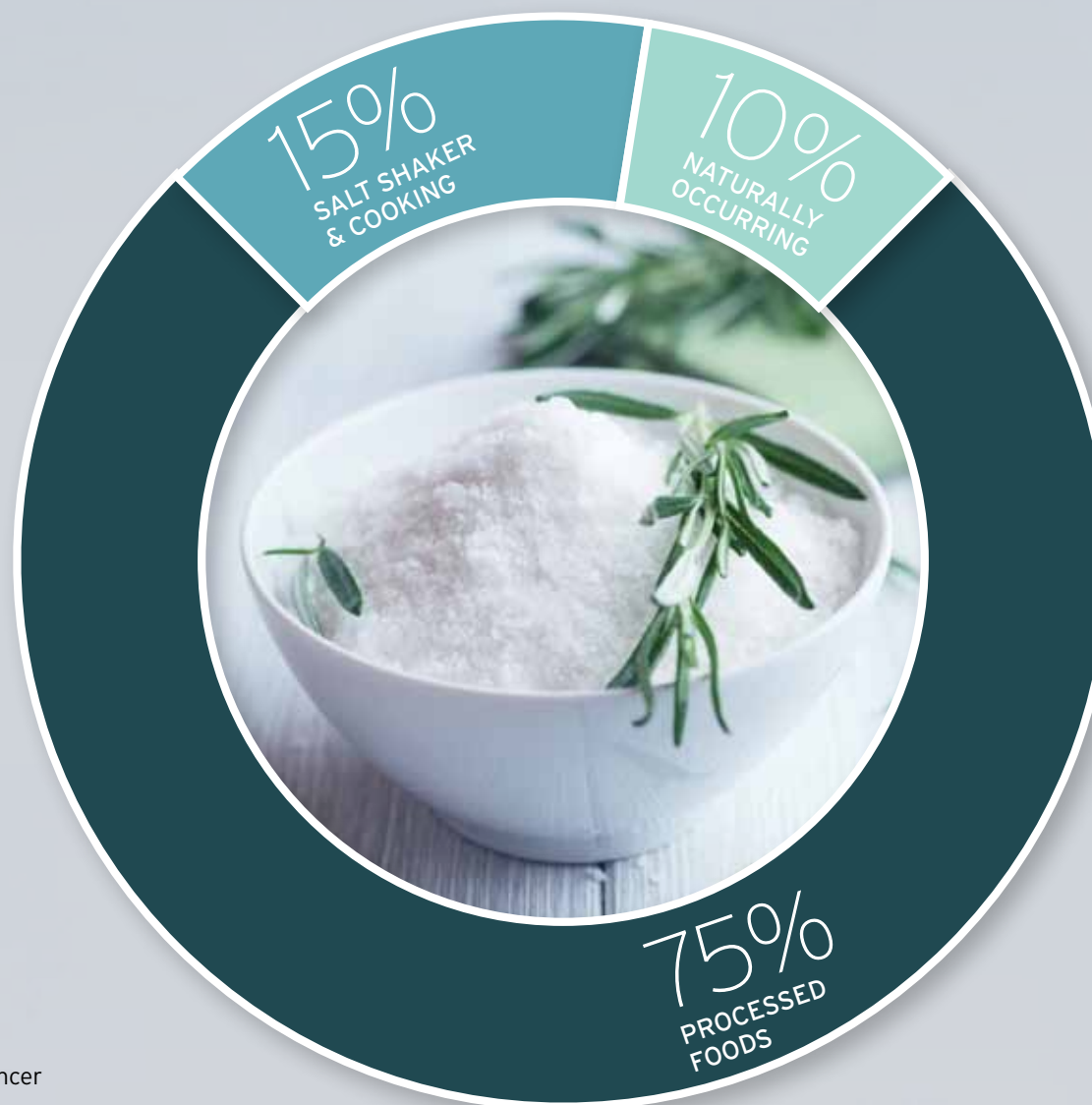
Why do we eat so much salt?

Knowing where to look for it can help us eat less

Adding salt while cooking or to a meal, accounts for very little of the sodium we consume each day.

Surveys show that many of us are surprised to know the majority of the sodium we consume each day actually comes from the processed foods and drinks we buy (5,6).

Sodium occurs naturally in all unprocessed foods and fluids but represents only a small part of the total amount we consume each day.



Not just flavour

Besides adding flavour to food, salt can play a functional role in food manufacturing processes

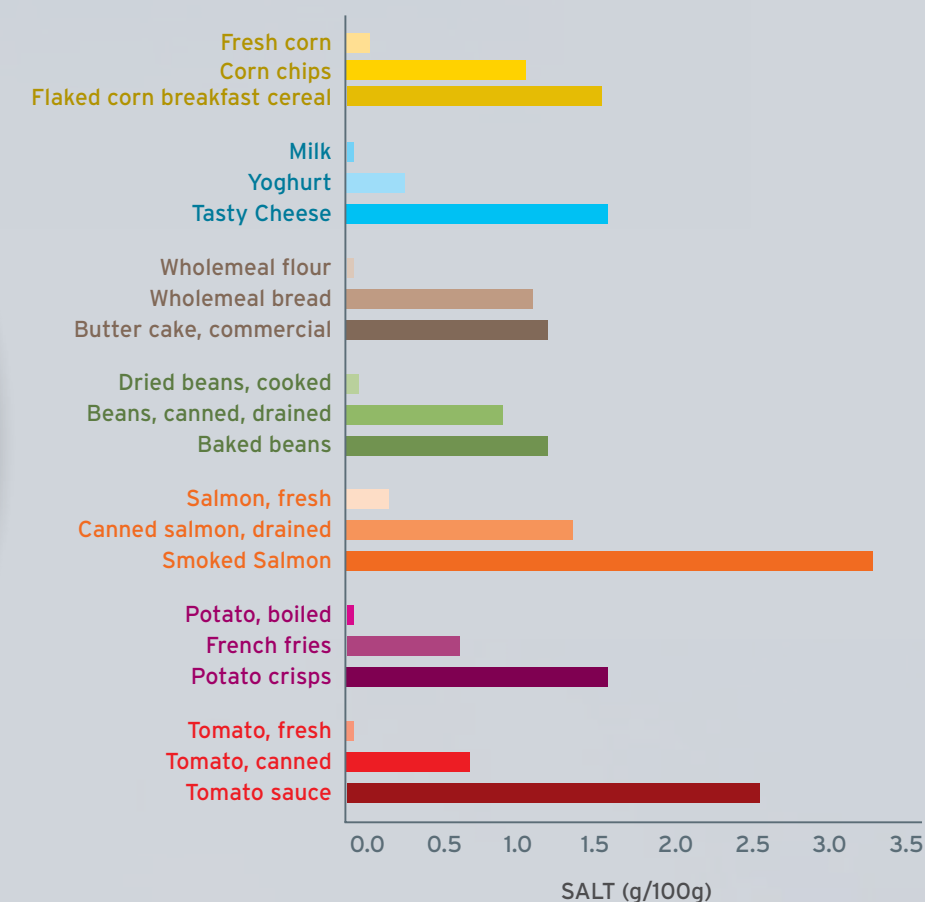
For example salt in cheese production will determine cheese texture by influencing moisture content, 'ripening' via effects on pH and culture action, and safety through control of bacterial growth.

Sodium can also be found in many of the ingredients that provide functional benefits to food such as:

- Sodium bicarbonate a raising agent and crispness enhancer
- Monosodium glutamate a flavour enhancer
- Sodium benzoate a preservative
- Sodium caseinate a thickener and binder
- Sodium citrate an acidity controller
- Sodium nitrate a curing agent for meat
- Sodium phosphate an emulsifier and stabiliser
- Sodium propionate a mould inhibitor
- Sodium saccharin an intense sweetener

Watch it grow

Natural unprocessed foods contain very little salt or sodium. But the addition of salt as flavour and use of sodium-containing ingredients during processing can cause salt to quickly add up (7).





THE WORD ON HEALTH

keep your pressure down!

There are many reasons why we should cut back on salt but the most important are to maintain a healthy blood pressure and bring high blood pressure down.

Around one in three Australian adults currently suffer from high blood pressure (also known as hypertension) (8). And high blood pressure is the greatest cause of strokes and heart attacks (9).

WHEN WAS THE LAST TIME YOU HAD YOUR BLOOD PRESSURE CHECKED?

GOOD TO REMEMBER

Strokes and heart attacks are the leading cause of death not only in Australia but also the world (8).

Too much salt can increase your risk of:

High blood pressure (hypertension)	Kidney stones and disease
Osteoporosis	Stomach cancer

And make it harder to control Meniere's disease and Asthma (10,11).

EATING TOO MUCH SALT
INCREASES SODIUM
IN YOUR BLOOD



INCREASED SODIUM

=
INCREASED **WATER**
IN YOUR BLOOD

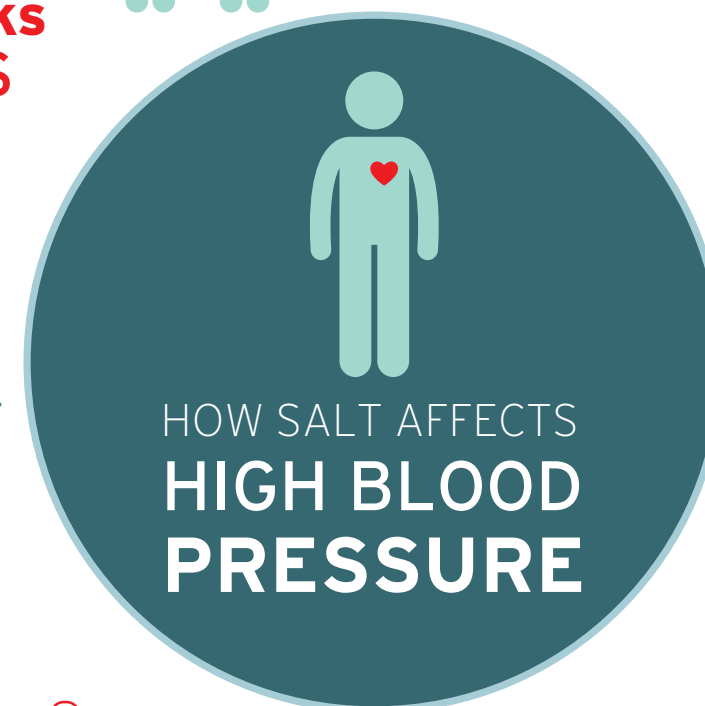
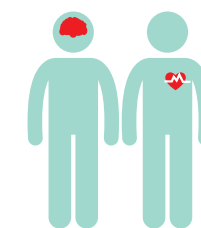
HIGH BLOOD
PRESSURE

=

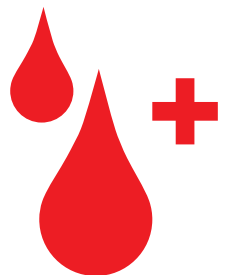
**HEART ATTACKS
& STROKES**

=

BIGGEST CAUSE
OF DEATH
IN AUSTRALIA (8,9)



HOW SALT AFFECTS
**HIGH BLOOD
PRESSURE**



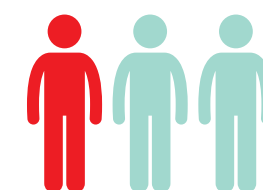
MORE WATER
=
MORE BLOOD



**MORE
BLOOD VOLUME**
MAKES YOUR

**HEART PUMP
HARDER**

**1 IN 3
AUSTRALIANS
HAS HIGH BLOOD
PRESSURE** (8)



HAVE YOU HAD
YOURS **CHECKED?**



WHEN YOUR
HEART PUMPS
HARDER

**BLOOD PRESSURE
GOES UP**



It's all about *choice*

Choosing naturally lower salt fresh ingredients as well as looking for products that are reduced salt, no added salt or low salt, will help you manage the sodium content of foods you prepare at home.

Sodium Label lingo savvy

What do the claims you read on pack really mean about the food they contain? ⁽¹²⁾

REDUCED/
LIGHT/LITE

At least 25% lower in salt than the same amount of the regular version of that food.

NO-ADDED-
SALT/SODIUM
OR UNSALTED

No added salt or sodium containing ingredients.

LOW SALT/
SODIUM

The food contains no more than 120 mg of sodium per 100 g of food or 100 ml of liquid.

GOOD TO KNOW

If a food isn't naturally low in sodium and doesn't have a salt or sodium claim, the next best thing to do is to compare foods using the NIP and the sodium content per 100g.

choice

Eat more Potassium

To improve blood pressure, the Heart Foundation of Australia recommends we all eat more potassium rich foods ⁽¹³⁾.

Potassium is rich in fruit and vegetables, unsalted nuts and dried peas, beans and lentils. As well as eating too much salt, Australians don't eat enough of many of these foods.

AIM FOR two serves of fruit and five serves of vegetables every day. Their rich potassium content can go a long way towards buffering excess salt you may be getting in your diet.



Potassium is helpful in the food industry too. Potassium chloride can be used to replace small amounts of salt and so reduce sodium levels in foods without compromising flavour.

GOOD TO REMEMBER

Potassium: A nutrient that fights back.

While too much sodium can raise your blood pressure more potassium in your diet can balance this effect ^(14,15).



Lower salt foods

Because many common food staples such as breakfast cereal, bread and cheese can contribute extra salt to our diet, looking for lower salt versions and including plenty of naturally lower salt foods can really make a difference to daily salt totals. See our example below.

HIGH SALT DAY	LOWER SALT DAY
Flaked corn breakfast cereal, fruit salad & milk	Porridge with chopped banana & milk
Muffin & cappuccino	Fruit and nut trail mix & cappuccino
Ham & salad wholemeal wrap & apple	Egg and lettuce wholegrain bread sandwich & an apple
Crackers & cheese	Fruit flavoured yoghurt
Beef Tacos & salad	BBQ steak and mushrooms with mashed potato and salad
TOTAL SALT 15g	TOTAL SALT 4g

GOOD TO KNOW

SALT SAVING SOLUTIONS IN A NUTSHELL

- Avoid or reduce the salt you use in cooking
- Taste food at the table before considering using the salt shaker
- Choose reduced salt, no-added salt or low sodium foods
- Read nutrition information panels and compare the sodium per 100g
- Aim to include two serves of fruit and five serves of vegetables each day

GOOD TO REMEMBER

Many people believe they need to replace salt lost in sweat during exercise or hot weather to prevent muscle cramps. Muscle cramps that result in these circumstances are due to dehydration not a lack of salt. Drinking plenty of water on hot days and before and after exercise is the best way to prevent muscle cramps.

CREATING A HEALTHIER MENU CAN BE A CHALLENGE, BUT NOT IMPOSSIBLE.

Creative flair & innovation with the use of reduced salt products and naturally low salt, flavour rich ingredients like herbs and spices, easily give you the lower salt edge allowing you to design recipes that tick all the boxes for your health conscious customers.

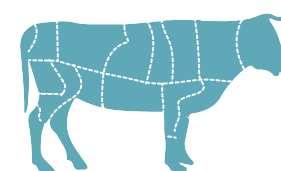
MARK CLAYTON
Nestlé Professional's
Executive Chef



Spice it up

In the kitchen

Instead of salt, try these intriguing matches:



BEEF



bay leaf



marjoram



nutmeg



onion



pepper



sage



thyme



PORK



garlic



onion



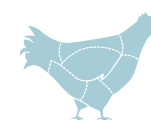
sage



pepper



oregano



CHICKEN



ginger



marjoram



oregano



paprika



rosemary



sage



tarragon



thyme



FISH



peppercorn



fennel



coriander



mustard seeds



CARROT



cinnamon



cloves



marjoram



nutmeg



rosemary



sage



TOMATO



basil



bay leaf



dill



marjoram



onion



oregano



parsley



pepper



POTATO



dill



garlic



onion



paprika



parsley



sage



GREENS



onion



pepper



lemon juice



Tips

FOR A TASTY
LOWER SALT
KITCHEN

Change your techniques

- Increase the acidity in a dish to replace some or all of the salt. A small amount of lemon juice, vinegar, tomato juice or reduced wine will balance and enliven other flavours, without registering as sour or acidic on the tongue.
- Brown or caramelize foods to boost flavour without the addition of salt.
- Try oven-roasting vegetables with olive oil or fruit salsas to serve over meat or fish.



Select your method

- Instead of steaming fish, try pan-frying it with a small amount of oil. That all-important Maillard reaction between sugars and proteins always works to build flavour.
- Other cooking techniques that add lots of flavour include braising, grilling and roasting.
- Most people are familiar with the technique of marinating proteins to add flavour, but vegetables can also be marinated. This really helps layer on the flavour.
- Lock in flavour with sous vide, the technique of cooking ingredients in a vacuum-sealed pouch, usually for a long time at a low temperature.
- Use precious specialty ingredients like truffle oil to finish a dish. Before serving meat or potatoes, drizzle on some nut oil for a robust addition that will hit the taste buds first.

Enlist the help of your ingredients

Take advantage of seasonal offerings and make them abundant on the plate. Peak-season fruit and vegetables are the most flavourful.

If you use frozen, canned or other prepared foods, investigate lower sodium, reduced sodium, or no-salt-added versions.

Rinse canned foods, such as beans, to remove excess sodium before serving.



How low can you go?

Nestlé Professional's experiments suggest that 10% of the sodium can be removed from a recipe before people notice a difference.

If you're planning to reduce sodium on your menu, try small reductions over a period of time to evolve your diners' tastes. It's stealthy, but it works.



Adjusting palates

We are all born with a preference for sweet and salty flavours. However, tastes can be changed, and we can all adapt to a lower level of saltiness.

When changes are made gradually they may go by almost unnoticed (15).



GOOD TO KNOW

People who smoke may be less sensitive to salt than those who don't smoke. If you or members of your kitchen staff are smokers, caution them against using a heavy hand with the salt shaker.

MOVE OVER SALT

Looking for another taste
to please the palate?

Try the flavour-boosting power
of umami, the so called fifth flavour
(after sweet, salty, sour and bitter).

Steer clear of high salt umami ingredients such as anchovy, cured meats, aged cheeses, Worcestershire sauce and olives and go for salt free umami-rich options such as meat, fish and shellfish, ripe tomatoes, mushrooms, sweet potato, pumpkin, carrots, spinach, walnuts and almonds, peas and other legumes.

Umami can be enhanced through the cooking process so try caramelising onions or browning meat through roasting or sautéing.

It's personal

Sensitivity to salty taste differs from person to person which can be a challenge when you are serving over 100 meals per day to 100 different people. Differences in salt sensitivity commonly exist due to (16):

- age
- number of salt receptors
- general state of health
- usual salt intake
- smoking status
- medication use

Adding value to sodium

Iodine is an essential trace element our bodies need for normal growth and development. Adequate levels are especially important for pregnant and breastfeeding women.

Australians are increasingly at risk of iodine deficiency and on the background of a 2009 mandate by Food Standards Australia New Zealand on the use of iodised salt in bread making (17), Nestlé Professional will begin the changeover to iodised salt in all MAGGI products in 2014.

DID YOU KNOW?

The word salary comes from the Latin salarium, which referred to the money paid to Roman soldiers for the purchase of salt. And thus the expression "worth his salt".

MAKING A *difference*

As the world's leading Nutrition Health and Wellness Company, Nestlé has had a sodium reduction policy in place since 2005.

Globally Nestlé has been steadily reducing sodium levels and as a result in 2011 our culinary and breakfast cereal recipes contained:

12,500
TONNES
LESS SALT
THAN IN 2005 ⁽¹⁸⁾

Nestlé Professional have a commitment to helping customers manage their salt intake with cooking instructions, tips, recipes and information such as that contained within this magazine.

In 2012 we updated our position to
**FURTHER
REDUCE SODIUM**
in our high salt products by an average of:
10% BY 2015 ⁽¹⁹⁾

Quiz

HOW MUCH DO YOU KNOW?

- 1 What is the most amount of salt we should aim to have each day?
T 16 grams
P 1 gram
L 6 grams
R 4 grams
- 2 Where does most of the salt we eat come from?
R The sea
E Processed foods
O The salt shaker
- 3 Which is one of the best ways to reduce salt?
X Replace table salt with sea salt
S Choose reduced salt and no-added-salt products
- 4 A teaspoon of salt contains
S 6 grams of salt
N 3 grams of sodium
V 400 milligrams of sodium
- 5 The biggest problem with too much salt is
B It makes you thirsty
S Raises your blood pressure
A Increases your weight
- 6 Foods rich in potassium are important because they
N Are rich in energy
A Balance out the effect of sodium on blood pressure
D Increase cholesterol
- 7 Salt is a chemical compound also known as
K Sodium metabisulphite
L Sodium chloride
G Sodium bicarbonate
- 8 Sea salt
R Is a good source of minerals
M Is lower in sodium than table salt
T Has the same sodium content as table salt

References

1. Webster J et al. Measuring Australian salt intakes. Published abstract for High Blood Pressure Research Council 2008 Annual Scientific Meeting. (November 2008).
2. Bouchud MD et al. Dietary salt intake and cardiovascular disease: Summarizing the evidence. Pub Health Rev. 2012;33:530-52
3. NHMRC. Nutrient Reference Values for Australia and New Zealand Including Recommended Dietary Intakes 2005
4. WHO. Guideline: Sodium intake for adults and children. Geneva, World Health Organization (WHO), 2012
5. Newson RS et al. Barriers for progress in salt reduction in the general population. An international study. Appetite 2013; 71(1); 22-31
6. Brown IJ et al. Salt intakes around the world: implications for public health. Int J Epidemiology 2009;1:23
7. NUTTAB 2010, AUSNUT 2007 or product packaging as at November 2013
8. Australian Health Survey. 2011-2012 Cat no. 4364.0.55.002
9. National Heart Foundation (National Blood Pressure and Vascular Disease Advisory Committee). Guide to management of hypertension 2008. Updated 2010
10. de Wardener and MacGregor. Harmful effects of dietary salt in addition to hypertension. J Human Hypertension 2002;16(4);213-223
11. Better Health Channel. Ears - Meniere's Disease Fact Sheet [http://www.betterhealth.vic.gov.au/bhcv2/bhcv2/bhcv2/ByPDF/Ears_-_Meniere%27s_disease/\\$File/Ears_-_Meniere%27s_disease.pdf](http://www.betterhealth.vic.gov.au/bhcv2/bhcv2/bhcv2/ByPDF/Ears_-_Meniere%27s_disease/$File/Ears_-_Meniere%27s_disease.pdf) accessed September 2013
12. FSANZ. Food Standard Code Standard 1.2.7 Nutrition Health and Related Claims, Schedule 1
13. Aburto NJ et al. Effect of increased potassium intake on cardiovascular risk factors and disease: systematic review and meta-analyses. BMJ 2013
14. National Heart Foundation of Australia. Summary of evidence statement on the relationship between dietary electrolytes and cardiovascular disease. October 2006
15. Ref: National Academy of Sciences IOM (Institute of Medicine) Strategies to reduce Sodium Intakes in the United States. 2010
16. Baker KA et al. Effect of age, sex and illness on salt taste detection thresholds. Age Ageing. 1983; May;12(2):159-65.
17. FSANZ. Australian User Guide: Mandatory Iodine Fortification, Implementing the Requirements of Mandatory Fortification with Iodised Salt under Standard 2.1.1 - Cereals and Cereal Products. May 2009
18. Nestlé in Society. Creating Shared Value and meeting our commitments 2012 <http://www.nestle.com.au/asset-library/documents/nestle-csv-summary-report-2012-en.pdf>
19. Nestlé and Salt 12 Feb 2013.



Assisting the Amazing

MAGGI Classic Soup Mixes

Classic favourites. Variety & taste.



Managing a tasty, nutritionally sound and versatile menu is easy with these MAGGI Classic favourite soup mixes.

Add to that the convenience of simple and fast preparation and it's clear that MAGGI Classic Soup Mixes are a great solution for both your kitchen and your customers.

These soups contain no added MSG, are reduced in sodium*, low in fat and full of flavour. Eleven of these soups are also Gluten Free, making it easy to offer more variety on your menus.

MAGGI Classic Soup Mixes	Code	Packaging	Serves
MAGGI Classic Asparagus Soup Mix	12026816	1.8kg x 6	147
MAGGI Classic Chicken Noodle Flavoured Soup Mix	12026840	2kg x 6	196
MAGGI Classic Country Potato & Beef Soup Mix	12028176	1.7kg x 6	76
MAGGI Classic Crème of Broccoli Flavoured Soup Mix	12028307	1.8kg x 6	91
MAGGI Classic Crème of Celery Flavoured Soup Mix	12028305	2kg x 6	168
MAGGI Classic Gluten Free Crème of Chicken Soup Mix	12028306	2kg x 6	196
MAGGI Classic Crème Soup Base Mix	12026836	1.8kg x 6	132
MAGGI Classic Gluten Free French Onion Soup Mix	12026832	2kg x 6	208
MAGGI Classic Minestrone Soup Mix	12026974	1.8kg x 6	105
MAGGI Classic Gluten Free Mushroom Flavoured Soup Mix	12026954	1.8kg x 6	160
MAGGI Classic Gluten Free Pea with Ham Flavoured Soup Mix	12183727	1.9kg x 6	130
MAGGI Classic Gluten Free Potato & Leek Soup Mix	12183692	1.7kg x 6	127
MAGGI Classic Gluten Free Pumpkin Soup Mix	12026958	1.8kg x 6	105
MAGGI Classic Scotch Broth Soup Mix	12184210	2kg x 6	156
MAGGI Classic Gluten Free Spring Vegetable Soup Mix	12183729	1.9kg x 6	301
MAGGI Classic Gluten Free Sweetcorn & Chicken Flavoured Soup Mix	12184169	2kg x 6	168
MAGGI Classic Gluten Free Sweet Potato & Pumpkin Soup Mix	12153603	1.8kg x 6	105
MAGGI Classic Gluten Free Thick Vegetable Soup Mix	12183691	1.9kg x 6	132
MAGGI Classic Gluten Free Vegetable & Beef Soup Mix	12183726	2kg x 6	137

*Contains 25% less sodium than the average sodium content of COUNTRY CUP soup sold in Australia.

Nestlé Professional Australia
1 Homebush Bay Drive,
Rhodes, NSW 2138
Australia
1800 20 30 50
www.nestleprofessional.com

Nestlé Professional New Zealand
Lvl 3 - Buildings 1&2, Carlaw Park Commercial,
12-16 Nicholls Lane, Parnell
Auckland
0800 830 840
www.nestleprofessional.co.nz

