

SODIUM REDUCTION

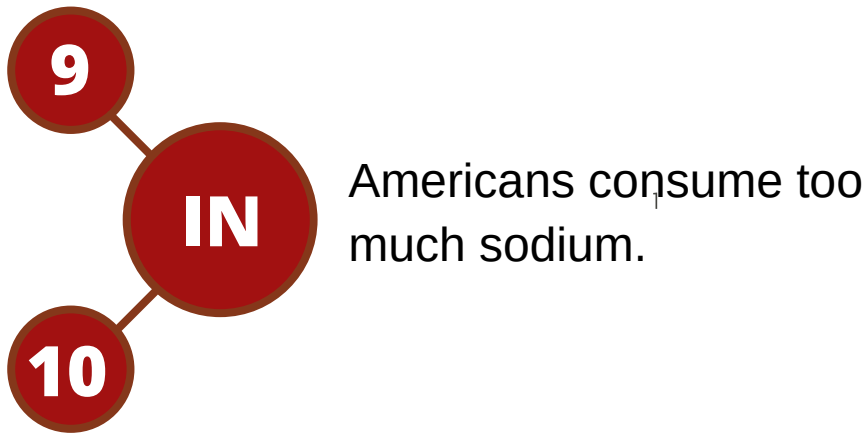


YEAST EXTRACT + SODIUM
REDUCTION



THE NEED FOR SODIUM REDUCTION: A GLOBAL ISSUE

Consumer demand for healthy, clean label foods continues to grow. This often includes low-sodium products that can help decrease health risks such as heart disease and diabetes.



In turn, this demand from consumers creates a new logistical challenge for manufacturers - how to provide a tasty, desirable product with reduced salt.

The average person consumes about 3,400 milligrams of sodium a day, that's 1,100 milligrams more sodium than the upper limit recommended by the Dietary Guidelines for Americans.²

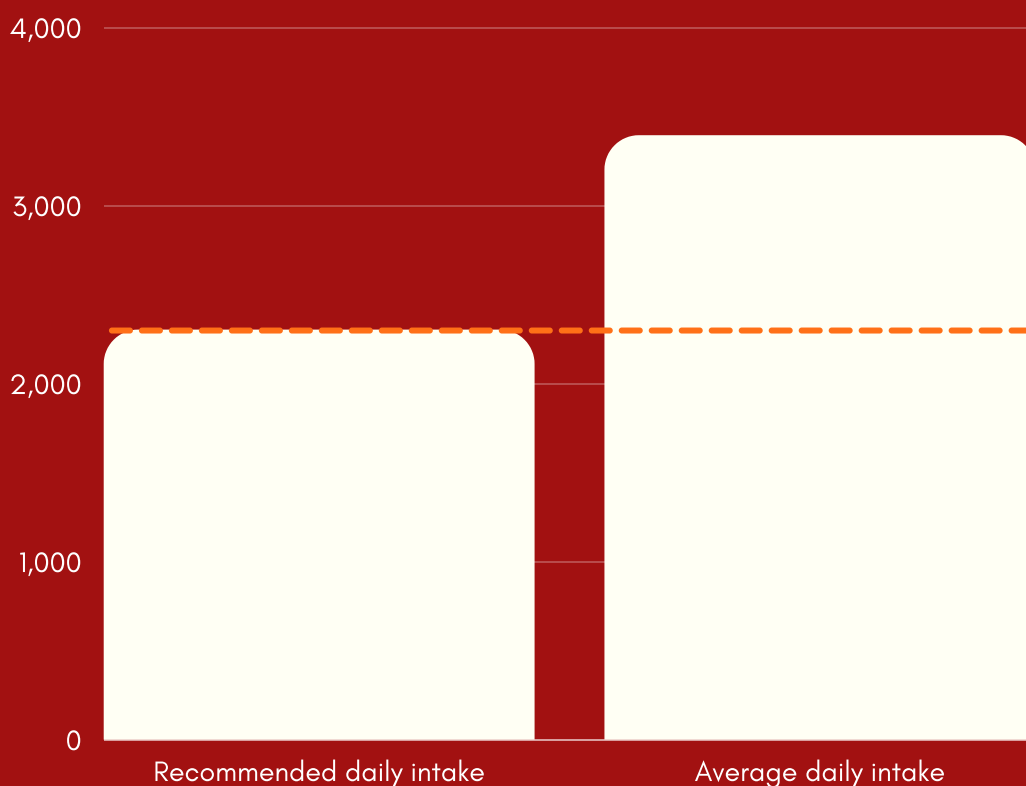
WHY REDUCE SODIUM?

Most people consume sodium through the salt in their diets. On average, salt contains about 40% sodium. One teaspoon of salt contains about 2,300 milligrams of sodium or less depending on the type of salt.³ In general, consumers eat between 9-12 grams of salt per day – twice the recommended maximum intake. (One teaspoon of salt is approximately 5 grams).

Part of the problem is that many consumers don't think about the fact that the salt is already in foods they purchase like sauces or soups. As a result, they "salt" their food before they eat it, contributing sodium to dishes that may already have enough.

TOP SOURCES OF SODIUM⁴

1. Sandwiches
2. Rice, Pasta & Other Grain-Based Mixed Dishes
3. Vegetables, Excluding Starchy
4. Meat, Poultry & Seafood Mixed Dishes
5. Poultry, Excluding Deli & Mixed Dishes
6. Pizza
7. Soups
8. Desserts & Sweet Snacks
9. Chips, Crackers & Savory Snacks
10. Starchy Vegetables
11. Eggs
12. Yeast Breads & Tortillas
13. Breakfast Cereals & Bars
14. Condiments & Gravies
15. Deli & Cured Products
16. Other



WHAT ARE OFFICIAL RECOMMENDATIONS FOR SODIUM CONSUMPTION IN THE U.S.?

FIGURE 1.

Americans should consume less than 2,300 milligrams of sodium per day, even less for those under 13 years of age. Average daily intake for those 12 and older is 3,393mg per day.

MORE TASTE, LESS SALT

As industry experts know, eliminating salt from products is not as simple as cutting back on the amount used when formulating products. Change the level of sodium too much and the flavor of the final product might be altered in a way that consumers find unappealing.

FLAVORS YEAST EXTRACT "MIMICS"

- Meaty
- Cheesy
- Salty
- Grilled
- Buttery
- Roasted
- Brothy
- Savory

This is where yeast extract can provide manufacturers a solution. What makes yeast extract so unique, and the perfect solution for both consumers, developers and suppliers, is the natural characteristics. With an effect similar to that of a spice, this ingredient can boost the flavor of food formulas, decrease sodium levels by up to 30% and fit into virtually every type of diet.

BENEFITS OF YEAST EXTRACT

- Vegetarian & vegan friendly
- Source of Vitamin B & proteins
- Clean label friendly
- Certified halal and kosher by recognized organizations





ABOUT THE SAVORY TASTE ALLIANCE

The Savory Taste Alliance is a communications program supported by the European Association for Specialty Yeast Products (EURASYP) represented by yeast extract manufacturers. It was formed to strengthen the awareness of yeast products for the U.S. market and provide food industry professionals with information about yeast extract as a food ingredient. Member companies are leaders in the manufacture of yeast extracts consumed in the United States and around the world.

STA members are Biorigin, Biospringer/Lesaffre, DSM, Kerry, Kohjin Life Science represented by Mitsubishi Ingredients, Lallemand, Leiber represented by Food Guys, and Ohly.

For more information from Savory Taste Alliance, including industry news and blog posts, visit their website at <https://savorytastealliance.com/>.

SOURCES

- 1 <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/9-out-of-10-americans-eat-too-much-sodium-infographic>
- 2 [2020-2025 USDA Dietary Guidelines for Americans, pg. 46](#)
- 3 https://www.health.harvard.edu/newsletter_article/sodium-salt-and-you
- 4 [2020-2025 USDA Dietary Guidelines for Americans, pg. 47](#)