

## The Tastiest Way To Reduce Sodium

### How to reduce salt AND sugar in Thousand Island dressing

Mediterranean Umami is a proprietary savoury mix of sea-salt and vegetable extracts rich in umami, the distinctive flavour-boosting 5th taste. Mediterranean Umami is also rich with a unique blend of naturally occurring monosaccharides. This innovative ingredient can help food manufacturers reduce salt and sugar at the same time, while keeping the savoury and sweet flavours in dressings with a lower amount of sodium and sugar in the finished product.

Mediterranean Umami is highly soluble, kosher, Halal, and without artificial ingredients and no MSG. It provides food companies a much simpler way to include a clean label claim on products and to comply with the regulatory demands to cut sodium and sugar in processed foods.

Consumers are seeking healthier products with less sodium and sugar to help reduce blood pressure, improve cardiovascular health and reduce obesity.

Salt (sodium chloride) and sugars (sucrose, high fructose corn syrups etc.) are widely used in dressings as a taste and flavour enhancer as well as functional ingredients.

Mediterranean Umami effectively enhances salty and savoury flavours AND also enhances sweetness, enabling a significant reduction of sodium and sugar without comprising on the taste.

Currently Thousand Island Dressing contains 1 – 2% salt and 10-20% sugars.

**The following trial will demonstrate a reduction of 26% salt and 25% sugar in Thousand Island dressing:**

Ingredients	Content (%)	
	Reference	26% less salt + 25% less sugar With M. Umami*
Xanthan gum	0.2	0.2
Guar gum	0.1	0.1
<b>Sugar</b>	<b>15</b>	<b>11.25</b>
<b>Salt</b>	<b>1.5</b>	<b>1</b>
Onion powder	0.15	0.15
Preservative (Potassium sorbate)	0.1	0.1
Water	22.55	26.2
<b>Mediterranean Umami®</b>	<b>0</b>	<b>0.6</b>
Mustard	1.7	1.7
Tomato concentrate 28-30 °Bx	5	5
Pasteurised egg yolk	1.2	1.2
Vinegar 5%	10.5	10.5
Vegetable oil	32	32
Pickles in vinegar	10	10
<b>Total</b>	<b>100.00</b>	<b>100.00</b>

\*It has been found in this study by initial taste tests results that Thousand Island dressing with total salt reduction of 26% and 25% sugar reduction with an addition of 0.6% Mediterranean Umami was the closest match to the desired Thousand Island dressing taste. Changes in tomato content and stabilizer content may be required to address changes in color and texture.

### Procedure

1. Prepare a mixture of all dry ingredients. Mix to an even blend.
2. Add the water to a high speed mixer such as Thermomix. Mix at low speed.
3. Add the mixture of the dry ingredients.
4. Add Mediterranean Umami, tomato concentrate and mustard.
5. Add the egg and increase the speed to medium speed.
6. Add vinegar.
7. Add the oil to the mix slowly until a uniform and smooth blend is obtained.
8. Decrease to low speed.
9. Add the pickles, and mix 10 seconds until they are dispersed evenly.

