SALT-FREE FLAVOR IN A Dash™

Registered Dietitian Nutritionist Toolkit for Helping Consumers Reduce Their Sodium Intake

The Dash™ brand is committed

to supporting registered dietitian nutritionists in the valuable work you do to help improve the health of others. As a trusted salt-free seasoning staple for more than 30 years, the *Dash* brand is dedicated to helping Americans prepare healthy meals that are full of flavor. This toolkit provides research, tips and recipes to help your patients, clients and followers lower their sodium intake while boosting flavor.

Contents

4 The Sodium Shake Down

6 Sodium Stats

6 Sweat and Salt

7 Hold the Salt

8 Herbs and Spices Help Slash Sodium Intake

9 Clinical Considerations for Potassium

9 Eye on Flavor Trends

10 The Top 5 Dash™ Seasonings for Flavor

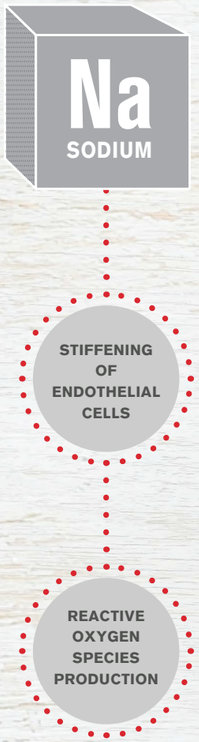
12 Reaching Consumers in the Media & Social Media

14 Frequently Asked Questions

16 Joy Bauer's Tips for Adding Flavor and Reducing Sodium

18 Recipes That Turn Up the Flavor and Turn Down the Sodium

THE SODIUM SHAKE DOWN

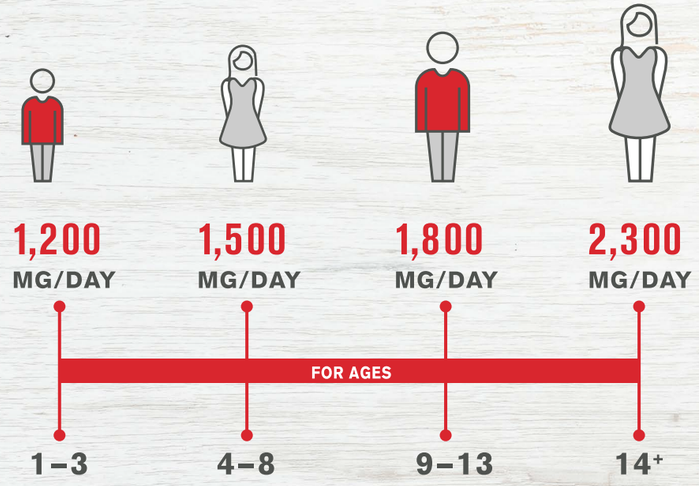


Did You Know?

Too much sodium is linked to the stiffening of endothelial cells and an increase in reactive oxygen species production which can impair endothelial function, two avenues that may lead to the development of atherosclerosis.[4,6]

Sodium is an essential mineral regulated by the kidneys, and it helps control fluid balance, affects muscle function and helps the body send nerve impulses.[1] Although it's essential, people consume way too much sodium, with daily intakes for those age 1 and over averaging 3,393 mg per day.[2] Excess sodium can increase blood pressure and risk for heart disease and stroke. Together, heart disease and stroke kill more Americans each year than any other cause.[3] High sodium intakes also increase the risk for kidney disease, osteoporosis, stomach cancer and more.[4]

The National Academy of Medicine established new sodium intake guidelines for Chronic Disease Risk Reduction (CDRR).[2,4,5] These CDRR levels are based on the potential long-term benefits on blood pressure, risk of hypertension and cardiovascular disease:



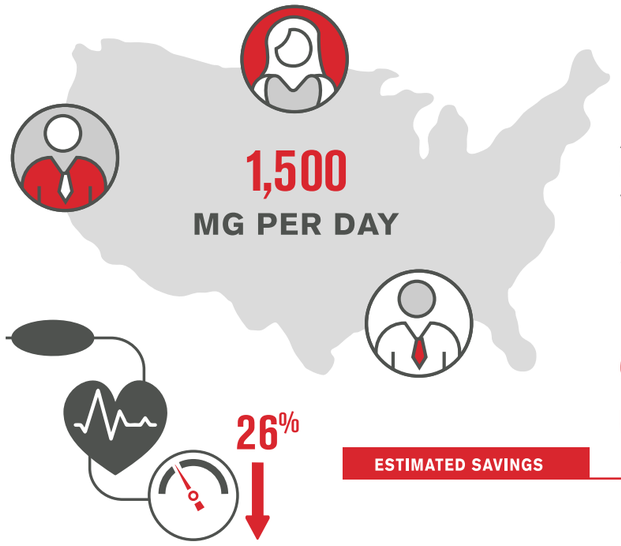
With 90% of adults projected to develop hypertension, cutting back on sodium intake is critical.[3]

90% OF ADULTS PROJECTED TO DEVELOP HYPERTENSION

top ten Sources of Sodium in the American Diet[3]

- Bread & rolls
- Pizza
- Sandwiches
- Cold cuts & cured meats
- Soups
- Burritos & tacos
- Savory snacks *including chips, popcorn, pretzels, mixes & crackers*
- Chicken
- Cheese
- Eggs & omelets

SODIUM STATS



According to the American Heart Association, if the U.S. population dropped its sodium intake to 1,500 mg per day, overall blood pressure could be reduced by almost 26% with an estimated savings of **$26.2 billion in healthcare costs**.[1]

ESTIMATED SAVINGS

$26.2 BILLION IN HEALTHCARE COSTS

SWEAT & SALT

300-600

MG PER HOUR OF INTENSE ACTIVITY

Athletes and intense exercisers require more sodium, but still less than what most Americans are already consuming. The American College for Sports Medicine recommends 300-600 mg sodium per hour of intense activity. Adjustments should be made for sweat rate, body temperature, temperature of the environment and kidney function.[7] The exception is heavy, salty sweaters and those engaging in long-duration training, especially in hot, humid environments, who may require up to 1,500 mg per hour.[7,8]

HOLD THE SALT

Tips to Help Patients and Clients Limit Sneaky Sources of Sodium

1.

Choose plain fresh or frozen vegetables, or low-sodium or no-salt-added canned vegetables.

2.

For canned beans that contain regular amounts of sodium, rinse in a colander for 10 seconds and allow to drain for 2 minutes to reduce about 40% of the sodium content. For canned vegetables, the same method reduces sodium by 9 to 23%. Other types of canned foods can also be rinsed to remove some sodium.[9,10,11]

3.

For meat, choose fresh or frozen products. Skip brined, canned, smoked, cured or marinated.

4.

Limit salty processed foods such as mixes, and “instant” products, including flavored rice and ready-made pasta mixes, and instead use plain pasta and plain rice and season with *Dash* seasoning blends.

5.

Although sea salt and pink Himalayan salt offer a different flavor than table salt, they supply too much sodium and still need to be limited.[1,12]

6.

Some shellfish are naturally high in sodium, like clams and shrimp.[13] Enjoy less frequently and season with garlic and seasoning blends, like *Dash* products.

7.

When dining out or ordering take-out, review the nutrition facts online in advance. Make special requests to limit high-sodium items, like asking for no cheese or to leave sauce and dressings on the side so you can use sparingly.[11]

8.

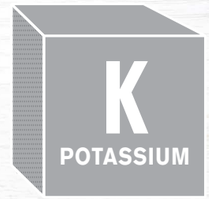
Instead of salt, use herbs, spices, lemon, lime, plain vinegar and *Dash* seasoning blends to flavor food.

HERBS & SPICES HELP SLASH SODIUM INTAKE

Most of the sodium we consume in the U.S. comes from prepared meals and restaurants making it necessary to nix the salt shaker entirely. Use herbs and spices to boost flavor so you don't miss the salt. Bonus: herbs and spices can make healthier foods enticing so they are easier to enjoy more often![2] The science supports the use of herbs and spices to lower sodium intake:

- In the SPICE randomized controlled trial, an intervention emphasizing spices and herbs significantly reduced sodium intake and had the potential to help people stick to lower sodium intakes.[14]
- In a 2019 study published in *Nutrients*, participants perceived low-salt chickpea and lentil dishes seasoned with herbs and spices to be just as palatable as those made with normal amounts of salt, making the use of herbs and spices a realistic strategy for the development of lower sodium, healthier versions of these foods.[15]
- In a 2017 study, participants with a higher preference for spices were found to have a lower salt intake and lower blood pressure when compared to those who disliked spicy foods. Those who enjoyed spicy foods also had a reduced preference for salt.[16]
- A 2014 study published in *Appetite* found that when adults were given 45% reduced sodium soup seasoned with herbs and spices (oregano, bay leaves, garlic and black pepper) they perceived it to be similar in saltiness to the regular sodium version of the soup.[17]
- In a study of Costa Rican adults, offering a variety of seasonings in healthful foods was linked to improvements in diet quality.[18]

CONSIDERATIONS FOR POTASSIUM



Potassium In Dash™ Seasoning Blends

Dash seasoning blends provide minimal or no amount of potassium into the diet, which can be beneficial for those who need to monitor or limit potassium intake. *Dash* seasoning blends do not contain potassium chloride as an ingredient. Some of the *Dash* seasoning blends may contain ingredients with naturally occurring minimal amounts of potassium. Please always refer to the label for the ingredient and nutrition information.

"Salt substitutes" often contain potassium when sodium chloride in table salt is partially replaced with potassium chloride. Although this added potassium can be beneficial in lowering blood pressure in certain people, for others, potassium intake must be strictly limited. Dash™ seasoning blends are not salt substitutes, do not contain potassium chloride as an ingredient and do not contribute significant amounts of potassium to the diet.

The generally accepted threshold for a high blood level of potassium, hyperkalemia, is ≥6.0 mmol/L. People with impaired potassium excretion are at greatest risk for hyperkalemia, and this includes those with chronic kidney disease, diabetes, severe heart failure, and those taking medications that may impair potassium excretion, such as NSAIDS and β-blockers.[19]

EYE ON FLAVOR TRENDS

Everything But the Salt - Nothing But the Flavor

Dash Everything But the Salt Seasoning Blend captures the flavor of everything bagels and is the newest *Dash* salt-free variety. This on-trend flavor blend will shake up your cooking routine and make every dish even more enticing.

With a savory blend of onion, garlic, sesame and poppy seeds, this flavor pairs nicely with avocado toast, grain bowls, hummus, eggs, chicken or tuna salad, baked potatoes and popcorn. When baking whole wheat bread, sprinkle it over the top before popping it into the oven. But don't stop there, this blend can be used to top almost anything. Share your recommendations for ways to use Everything But the Salt Seasoning Blend on social media with the hashtag #ADashADay!

The Top 5 Dash™ Seasoning Blends for Flavor

DASH™ SEASONING BLENDS

Dash helps season your food with absolutely no salt. Ever. Each blend is a flavorful multitasker in the kitchen.

	Dash Original Seasoning Blend	*Dash* Table Blend Seasoning Blend	*Dash* Garlic & Herb Seasoning Blend	*Dash* Onion & Herb Seasoning Blend	*Dash* Lemon Pepper Seasoning Blend
TASTE	The very first *Dash* salt-free seasoning blend has a peppery medley of flavors that adds a full-bodied taste to heighten the enjoyment of food.	More than 20 different spices, including garlic, tomato, red pepper and orange come together in this highly versatile, finely ground blend to add rich flavor to any food.	This handy blend is designed to make bland dishes come alive with garlic flavor. It can be used on a wide variety of foods.	The burst of herbal seasoning and the sweet, crisp taste of onion go hand in hand to add flavor to any meal.	A hint of citrus, cracked black pepper and oregano combine with other spices to add a delicious zing to meals.
BEST WITH...	Roasted vegetables and potatoes, macaroni or tuna salad, whole grain dishes, burgers and scallops. Whisk into vinegar, olive oil, honey and orange juice for a dressing.	Vegetable, chicken or pasta. Pairs nicely with sweet and savory dishes alike. Sprinkle atop roasted vegetables or mix into a breading mix for chicken cutlets, eggplant or zucchini fries.	Pizza, pasta sauces, chili, shellfish, soups and dips. Mix with white beans and tomatoes for a bruschetta topping. Use to season chicken or fish for flavorful tacos.	Casseroles, meatloaf, soups, and spreads. Mix into stuffing for your favorite stuffed mushroom or pepper recipe, or whisk into an egg frittata with a variety of vegetables.	Poultry or seafood, barbeque marinades, summer salads with fruits and vegetables and dipping sauces. Try stirred into plain Greek yogurt for a home-made dip, sauce or dressing.

REACHING CONSUMERS IN THE MEDIA & SOCIAL MEDIA

Facts and Tips to Share with Your Followers

#ADashADay

Use these sharable facts, tips and social posts to help consumers understand the importance of decreasing sodium in their diet and have actionable ways to add flavor without adding salt. Remember to tag **@mrsdashrecipes** in your posts and use the hashtag, **#ADashADay**!

1.

With 90% of adults projected to develop hypertension, it's time to start talking about ditching salt. *Dash*, the #1 salt-free seasoning brand in the U.S., adds flavor to food with absolutely no salt.[3]

2.

Excess sodium can increase your blood pressure and risk for heart disease and stroke. Together, heart disease and stroke kill more Americans each year than any other cause.[3] *Dash* seasoning blends help you add flavor to food with absolutely no salt.

3.

Dash seasoning blends season your food with absolutely no salt. Ever. Each blend is a flavorful multitasker in the kitchen helping you to slash sodium.

4.

On average, Americans consume a whopping 3,393 mg of sodium every day. *Dash* seasoning blends offer a convenient, consistent, salt-free flavor solution to ditching table salt and adding flavor.

5.

A high sodium intake increases the risk of heart disease and high blood pressure.[4] *Dash* seasoning blends season your food with absolutely no salt. Ever.

6.

According to the American Heart Association, if the U.S. population dropped its sodium intake to 1,500 mg per day, overall blood pressure could be reduced by almost 26% with an estimated savings of $26.2 billion in healthcare costs.[1]

7.

Dash reveals a new on-trend flavor blend: Everything But the Salt. It captures the flavor of an everything bagel without the salt. Try on avocado toast or mix into chicken or tuna salad for a boost of flavor.

8.

Dash seasoning blends: the salt-free flavor statement. Try Table Blend on chicken tenders for a savory, satisfying dish that will quickly become a new family favorite.

9.

Dash seasoning blends are *salt-free* and *flavor full*. Garlic & Herb Seasoning Blend is the perfect topping for your garlic bread. Italian dinner night anyone?

10.

With *Dash* seasoning blends, salt is out, flavor is in. Worried that your macaroni salad is bland? Use Original Seasoning Blend to please everyone at the picnic.

11.

With *Dash* seasoning blends, salt-free flavor has never been easier (or tastier). Looking to spruce up your meatloaf? Try Onion & Herb Seasoning Blend as your go-to spice to shake things up.

12.

The *Dash* brand has you covered for all the flavor-packed, salt-free seasoning. *Dash* seasoning blends adds a burst of flavor to boring green beans with Lemon Pepper Seasoning Blend.

For more ideas on how to use *Dash* products to share with your patients and client, check out the **Seasoning for Every Season Menu Guide**.

For more **information & recipes to share, connect with us**

@Mrs.DashRecipes

@mrsdashrecipes

NEW NAME

SAME GREAT FLAVOR

America's #1 salt-free seasoning brand in the U.S., formerly Mrs. Dash®, is now Dash™. This new, shorter and simpler name captures the salt-free seasoning line's ability to quickly and easily add flavor to any food without the worry of added salt.

A Dash™ a Day

HELPS KEEP SALT AWAY

FREQUENTLY ASKED QUESTIONS

Is *Dash* a salt substitute?

Dash seasoning blends are a salt-free flavoring alternative, not a salt substitute. *Dash* products contain blends of herbs and spices but no salt and an insignificant amount of potassium, which is sometimes found in salt substitutes.

How do I use *Dash* products? Where can I find recipes?

Spice things up in your kitchen without adding salt. Hundreds of tasty recipes can be found at mrsdash.com/recipes. You can search for each *Dash* seasoning blend to find recipes that pair well with your favorites.

Where can I buy *Dash* and how much does it cost?

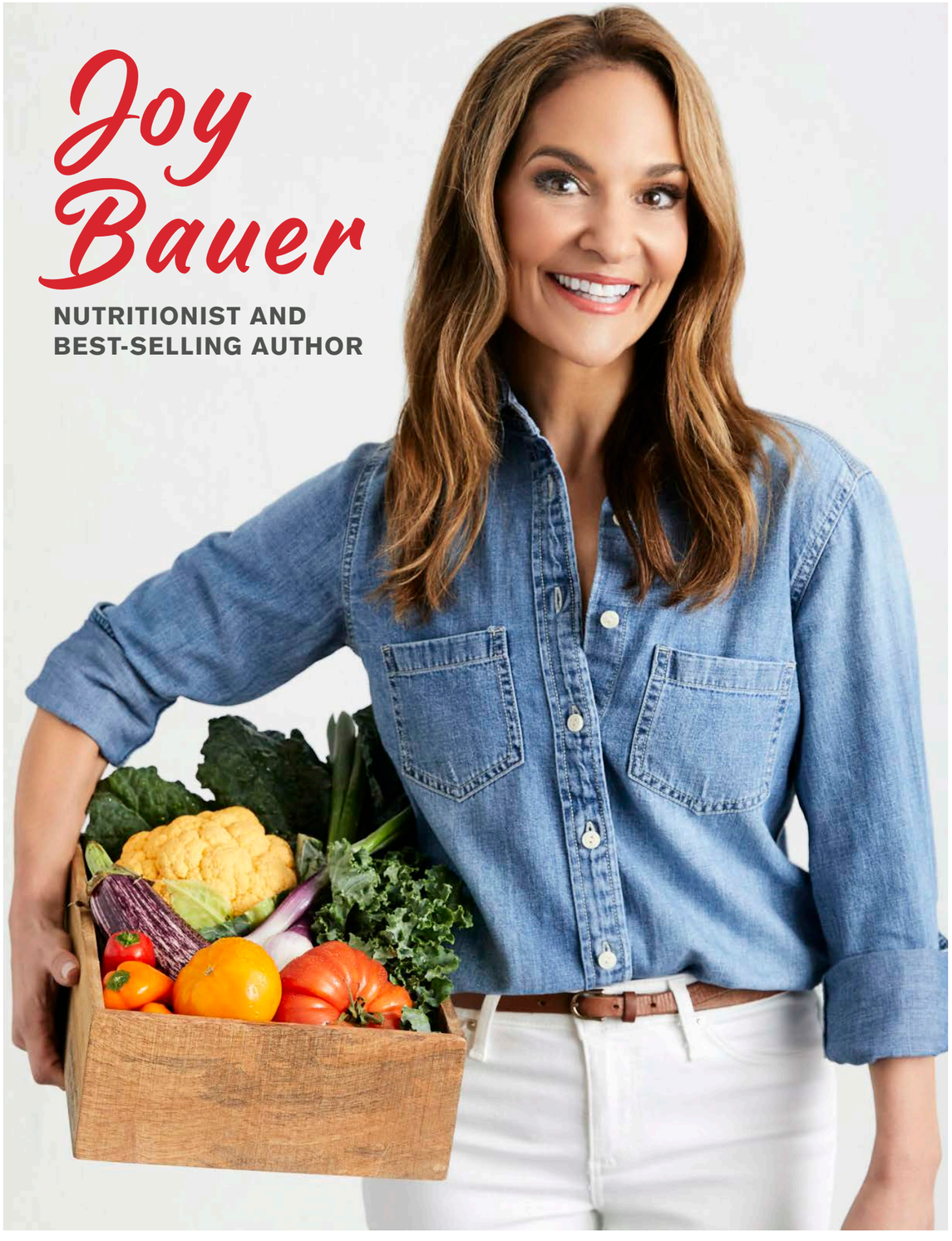
Find *Dash* products at your local supermarket, grocery store or online. Visit mrsdash.com/locate to find retailers carrying *Dash* products near you. *Dash* seasoning blends cost about $3 per bottle.

Where can I find *Dash* in the supermarket?

Find *Dash* products in the spices and seasonings section. Look for the iconic tapered bottle with the yellow and red logo. Can't find it? Ask your store manager to start carrying *Dash* products. Visit mrsdash.com/locate to find Dash products near you.

For comments or questions, contact:

mediarelations@bgfoods.com



Joy's Tips

Nationally recognized health & wellness expert and registered dietitian, Joy Bauer joins the *Dash* brand to help inspire people with delicious low-sodium recipes. Feel good about recommending dietitian-created recipes to patients, clients and followers. Visit the *Dash* website to find and share JOY-ful recipes that easily add salt-free flavor to any dish with *Dash*.

ADDING FLAVOR AND REDUCING SNEAKY SODIUM

1.

Surprising amounts of salt lurk in bread, so enjoy sandwiches or burgers open-faced. Ditch the top slice of bread and pile on some extra vegetables instead. To go the extra mile, wrap your filling in lettuce leaves or layer it on a roasted portobello mushroom cap.

2.

Incorporate vegetables or fruit at every meal and snack. They are naturally low in sodium, packed with vitamins, minerals, antioxidants and fiber to shower your body with all the right stuff.

3.

Add flavor to your foods without adding salt by using *Dash* seasoning blends, fresh herbs, lemon juice, lime juice, garlic and onion. Drizzling vinegar on salads and roasted vegetables can also elevate the taste of meals without extra salt.

4.

Restaurants are notorious for serving up high-sodium foods. Make dining or ordering out an occasional occurrence and request light on salt whenever you have the opportunity.

5.

Choose foods that are packed with nutrients and naturally low in sodium, like fruits, vegetables and dried beans, peas and lentils. During meal prep, skip the salt shaker and use *Dash* seasoning blends instead.

6.

Limit salty condiments like soy sauce, ketchup and bottled salad dressing, and check the labels to find lower sodium versions when possible. Remember that the sodium listed on labels is per serving, so if you typically eat more than one serving, this means you're consuming more salt.

"As registered dietitians, we know how important it is for folks to reduce their sodium intake. Along with other strategies, I always recommend *Dash* products as a way to seamlessly add flavor to food without using the salt shaker. The *Dash* brand offers a variety of versatile seasoning blends, which are like the ultimate salt-free secret weapon in the kitchen — with them, you're just a dash away from mouthwatering meals to help patients, clients and followers reduce the sodium in their diets."

ONE SHEET SHRIMP AND SAUSAGE SCAMPI

This dish is a lightened-up version of your favorite buttery scampi. It's packed with flavor and has a bright lemony finish. It is the perfect one-pan dish that cooks in under 30 minutes.

Yield: 4 servings

Ingredients

2 tbsp. extra-virgin olive oil, divided

1 tbsp. garlic, minced, divided (about 3 to 4 cloves)

4 tsp. *Dash* Original Seasoning Blend, divided

2 medium zucchinis, sliced thinly in half-moons (about 1 pound)

8 oz. pre-cooked spicy or sweet Italian chicken sausage, sliced thin

1 tsp. fresh lemon zest

3 tbsp. lemon juice (about 1 lemon)

1 ½ pounds uncooked shrimp, peeled and deveined—if frozen, defrosted and patted dry.

1 ½ tbsp. butter, cut into small cubes

Optional Garnish: fresh lemon wedges and fresh parsley, finely chopped

Directions

1. Preheat oven to 400°F. Mist a large sheet pan (or 2 standard size pans) liberally with olive oil spray and set aside.

2. In a medium bowl, mix 1 tbsp. olive oil, ½ tbsp. minced garlic, 2 tsp. *Dash* Original Seasoning Blend, zucchini, and sausage. Evenly spread it onto the prepared baking sheet(s) into one layer. Roast in the oven for about 15 minutes, or until veggies become soft and sausage starts to brown.

3. While veggies and sausage are roasting in the oven, prepare the marinade for shrimp: in a mixing bowl, combine the remaining olive oil, minced garlic, and *Dash* seasoning blend. Add the lemon zest and shrimp. Mix well. Let marinate for about 10 to 15 minutes.

4. When veggie and sausage reach the 15-minute mark in oven, remove sheet pan(s) and using tongs place the shrimp on the cooked veggies and sausage. Squeeze the lemon juice over everything and scatter on the butter cubes.

5. Roast for another 8 to 10 minutes or until shrimp turn pink. (Larger prawns will take about 10 to 12 minutes). Remove from oven and toss to mix around the lemony butter sauce. Serve immediately with fresh lemon wedges and parsley.

MAPLE-SPICED CARROT FRIES

These flavorful bites are sweet and addictively delicious. The recipe requires only four simple ingredients since the Dash seasoning blend does the heavy lifting!

Yield: 4 servings

Ingredients

2 tsp. olive oil

2 lb. carrots, regular, peeled and sliced into thin sticks

2 tsp. *Dash* Table Blend Seasoning Blend

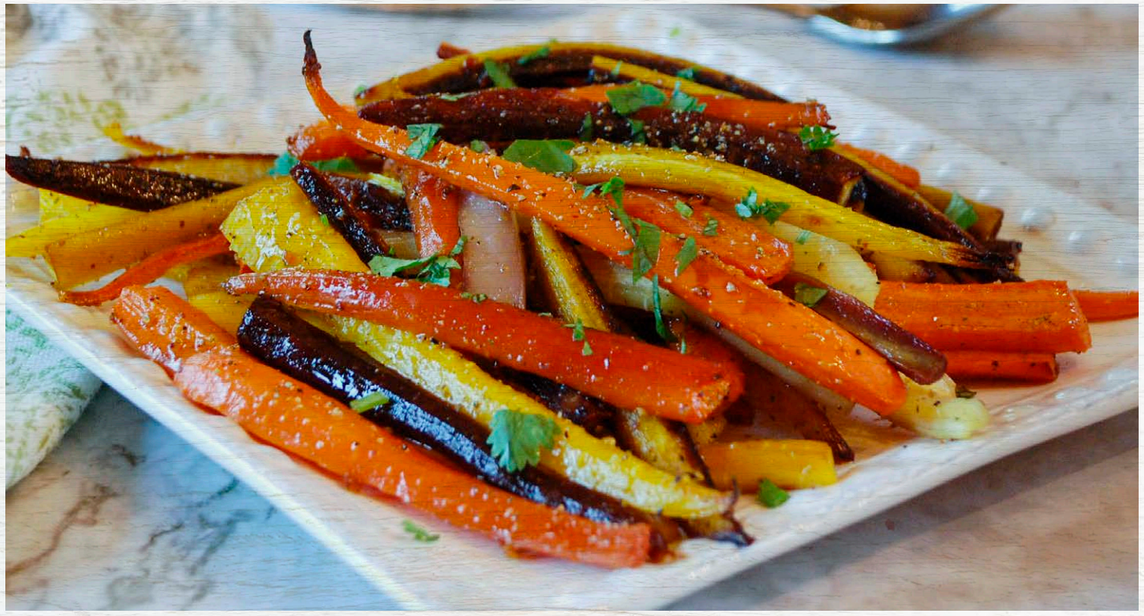
2 tsp. Maple Grove Farms® Pure Maple Syrup

Directions

1. Preheat oven to 425˚F. Mist a baking sheet with oil spray and set aside.

2. In a large mixing bowl, add sliced carrots and toss evenly with olive oil, *Dash* Table Blend, and maple syrup. Then, spread them on the prepared baking sheet in a single layer and roast in the oven for about 25 to 30 minutes, or until some of the edges start to darken. The carrot fries will become tender and caramelized.

Tip: For a delish "sweet and spicy" spin, swap in 1 to 2 tsp. of *Dash* Southwest Chipotle Seasoning Blend instead of the Table Blend.



AVOCADO TOAST

Add a pinch of Dash Everything But the Salt Seasoning Blend on your avocado toast to enjoy that everything bagel essence SANS salt. You can let avocado be the standalone star or top your toast with sliced veggies, chopped herbs or a sunny-side-up egg!

Yield: 2 servings

Ingredients

2 to 4 slices whole grain bread, toasted

1 large avocado, mashed or cubed (about 1 cup)

2 tsp. fresh lemon juice

1 tbsp. *Dash* Everything But the Salt Seasoning Blend

Freshly ground black pepper to taste (optional)

2 tsp. fresh chopped dill or parsley (optional)

Optional Toppings: over-easy egg, hot sauce, sliced jalapenos, halved grape tomatoes, chopped cucumbers

Directions

1. In a medium bowl, mix or mash the avocado, lemon juice, and freshly ground pepper. Top each slice of toast with a layer of the avocado mixture, *Dash* seasoning blend, and optional herbs. Serve immediately.

TURKEY BOLOGNESE WITH SPAGHETTI SQUASH

This hearty dish is the perfect comfort food packed with vegetables and lean protein. You can even use Dash Garlic & Herb Seasoning Blend in place of the Italian Medley. A great recipe to make in advance for easy weeknight meals.

Yield: 6 servings

Ingredients

4 tsp. extra-virgin olive oil

1 lb. lean ground turkey (90 to 93% lean)

½ cup celery, finely diced (1 stalk)

½ cup carrots, finely diced (1 small)

1 large onion, finely diced (2 cups)

1 cup red bell pepper, finely diced (1 medium)

2 cloves garlic, finely minced

Freshly ground pepper

1 to 1 ½ cups low sodium chicken or vegetable broth

One 28-ounce can crushed tomatoes

4 to 5 tsp. *Dash* Italian Medley Seasoning Blend or *Dash* Garlic & Herb Seasoning Blend

3 spaghetti squash

Optional garnish: Torn fresh basil leaves & parmesan cheese

Directions

To make the sauce:

1. In a heavy bottom pot or Dutch oven, warm the olive oil over medium-high heat. Add the turkey and cook, stirring frequently to break it up, about 6 minutes. Add the vegetables and cook for about 8 minutes, stirring frequently to prevent scorching.

2. Add 1 cup of broth, crushed tomatoes, and *Dash* seasoning blend. Bring to a gentle boil and reduce heat to low. Cover and simmer for 25 to 30 minutes, stirring occasionally until the vegetables are tender and the sauce starts to reduce.

3. Remove lid and cook for another 10 minutes, adding additional broth if needed to reach desired consistency for a rich sauce.

To make the spaghetti squash:

1. Preheat oven to 375°F. Cut spaghetti squash in half lengthwise and scrape out the seeds with a spoon. Mist both halves with olive oil spray and season with *Dash* Italian Medley Seasoning Blend. Place on a baking sheet cut side down and bake 40 to 45 minutes, until tender. Then, using a fork, shred the spaghetti strands into serving bowls.

2. Spoon the Bolognese sauce over the spaghetti squash and garnish with torn basil leaves and grated parmesan, if desired.

3. Serving size is half spaghetti squash with a heaping cup of sauce.

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