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INFLUENCE OF SALT REDUCTION ON DOUGH PROCESSING AND FINAL QUALITY OF BREAD

O. Daglioglu, K. G. Güner*

Namık Kemal University, Faculty of Agriculture,
Dept of Food Engineering, Tekirdağ, Turkey

There is a general consensus that excessive dietary salt (NaCL) intake causes an increase of blood pressure with age as well as various cardio-vascular diseases and other health problems such as kidney diseases, stomach cancer, osteoporosis and obesity. After considering the harmful effects of a high dietary salt intake, the WHO has recommended a daily salt intake of 5 g, equivalent to 2 g Na, per person as a worldwide guideline. At present, about 75% of daily salt intake originates from processed foods. Therefore, salt content in foods is the main focus of attention of the world's food industry, especially in the cereal, meat and dairy sectors. These sectors are being forced to reduce the NaCL content through regulations, Public Health campaigns, and health warnings via media. Scientific studies proved that the vast majority of processed foods have significant levels of salt added during the manufacturing process, causing to excessive sodium intake. Bread is classed as a stable food worldwide and has been found to be a major source of dietary sodium, being responsible for an average of 30% the daily salt intake. In bread production, salt has a significant effect during dough processing and on the final product characteristics. In this presentation, it was aimed to investigate the effect of salt reduction on dough processing and quality characteristics of final bread quality.

Keywords: Sodium chloride, dough, bread

* Corresponding author: kguner@nku.edu.tr