

## **SENSORY STRATEGIES TO LOWER SODIUM INTAKE**

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Salt taste is one of the few primary taste modalities, others being sweet, sour, bitter and umami or savory. This presentation will provide an introduction to the relationship between salt consumption and health and the rationale for reducing sodium in the diet on a population-wide basis. Next, a brief overview of the multifaceted role salt plays in enhancing food palatability will be provided followed by an outline of the many biological and behavioral factors that influence human liking for the taste of salt and salty foods. In the main portion of the presentation, a variety of strategies that may be used to reduce salt and sodium intake will be addressed. First, behavioral methods that may aid in reducing consumption will be described. Second, I will discuss progress in the development of salt enhancers and replacers with a focus on uses of the umami tasting sodium salt of glutamic acid (MSG) as well as potassium chloride, which taste salty and “bitter,” to reduce overall sodium intake.

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