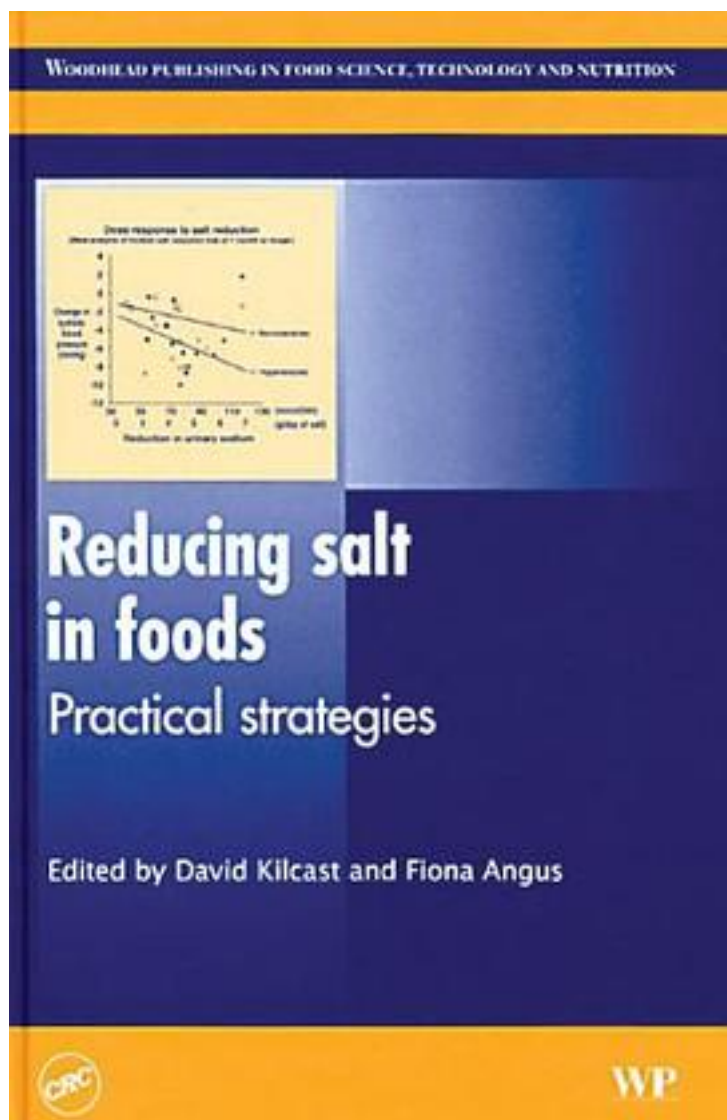


# Reducing Salt in Foods



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Written by a distinguished team of international authors, this collection covers key themes such as the health effects of excessive salt intake and the influence of salt on the quality of foods. The book begins with an overview of salt and the role it plays, then moves on to cover health risks and issues relating to mono sodium glutamate. Subsequent chapters cover consumers, salt, and food quality, consumer attitudes to salt intake and health, and consumer attitudes to low-salt food products. Offering practical strategies for reducing and replacing salt in food products, the book discusses the technological functions of salt in food products, bitter blockers and herbs to replace salt.

作者介绍:

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