

# MSG Helps to Boost Flavor & *Lower Sodium*

Many recipes rely on salt as a way to boost the flavors in a dish, reduce bitterness, and even improve the aroma. When looking to cut back on sodium, many people fear their meals will be flavorless, but that doesn't have to be the case. With a little kitchen creativity, it can be easy to create wholesome, flavorful recipes that are lower in sodium.

## Layer in the Flavor

When it comes to mastering great flavor in any recipe, the trick is to use a combination of herbs, spices, acids and umami. This helps to create depth and balance in recipes and makes up for using less salt.

## Why Use MSG?

MSG seasoning, also known as umami seasoning, is a quick and easy way to deliver savory deliciousness to foods and added dimension to flavors. Best yet, MSG has two-thirds less sodium than table salt and can enhance the flavor of food while decreasing the need for salt.

- About one-half teaspoon can enhance the flavor of a pound of meat or 4-6 servings of vegetables, casseroles or soups.
- A mixture of one part MSG and two parts table salt is a favorite chef-inspired blend that gives foods a flavor boost while decreasing sodium by 25 percent, compared to using just table salt.

Health experts have endorsed the safety of MSG based on extensive scientific research and a long history of use around the world.



**“Some studies have shown that it is possible to maintain food palatability with a lowered overall sodium level in a food when MSG is substituted for some of the salt.”**

– FOOD AND NUTRITION BOARD / INSTITUTE OF MEDICINE

**Looking to put flavor-layering strategies to practice in the kitchen?**

Flip to the reverse side to learn how to layer flavor like a pro!

**For more information, please visit [www.WhyUseMSG.com](http://www.WhyUseMSG.com).**

- IOM (Institute of Medicine). 2010. Strategies to Reduce Sodium Intake in the United States. Washington, DC: The National Academies Press.

# How to *Layer Flavor* in Your Recipes

Take your culinary creations from good to great while decreasing the need for salt by layering unique flavor profiles into your recipes!

## Acidic Flavors

Layer in a bit of acid when a recipe needs to be brightened or lightened. **Examples:** citrus, citric acid, vinegar, verjus, wine.



## Sweet Flavors

When you layer sweet ingredients into a savory recipe, balance it with something acidic. **Examples:** sugar, maple, molasses, honey, fruit.



## Umami Flavors

Umami adds an intense base note that contributes to flavor depth. MSG is the purest form of umami. **Examples:** MSG, soy sauce, miso, ripe tomato, Parmesan cheese.



## Bitter Flavors

Bitter is a learned taste. Small amounts can be intriguing and carry flavor deep on the palate. **Examples:** coffee, tea, caramel, cocoa, bitter vegetables.



## Assertive Flavors

Assertive ingredients have strong flavors and keep a dish from tasting monotonous. **Examples:** mustard, wasabi, chilies, black pepper, onion, garlic, ginger.



## Flavor Layering in Action

Here are a few examples of how flavor layering is used in globally-inspired recipes.

Chef Tip: Not every recipe needs to incorporate every flavor category; taste and adjust as needed!

	VEGETARIAN RAMEN	GRILLED PORK FAJITAS WITH MANGO HABANERO SALSA	TURKISH ADANA KEBOB WITH GRILLED PITA & SUMAC YOGURT
ACIDIC	Rice Wine Vinegar	Lime	Yogurt, Sumac
		+	+
SWEET		Mango, Tomato, Orange Juice	Tomato, Roasted Red Pepper
	+	+	+
UMAMI	MSG, Miso, Soy	Pork, Worcestershire Sauce	MSG, Tomato, Garlic, Beef
	+	+	+
BITTER	Browned Miso	Charred Tomato, Browned Tortilla	Toasted Pita, Charred Meat
	+	+	+
ASSERTIVE	Ginger, Hot Sauce	Habanero, Onion, Garlic	Chili, Onion, Garlic, Pepper