

## **Effect of Salt Content Reduction on Food Processing Technology**

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### **Abstract**

Salt intake reduction represents an effective way to improve people's health, either by the right choice of food or by a reduction of added salt. Salt substitutes are often used and also herb homogenates are treated by high pressure technology. Salt reduction significantly influences the shelf life, texture, pH, taste, and aroma of cheese. In bakery products, a salt reduction of only 20–30% is acceptable. Water absorption, dough development, length and intensity of kneading and stability of dough are changed. Gluten development and its viscoelastic properties are affected. In meat products, salt provides flavour, texture, and shelf life, and water activity increases. Salt reduction results in myofibrillar proteins' solubility, water binding activity and colour intensity changes.

**Keywords:** food reformulation; salt reduction; technology; salt replacement; spices; herbs

Foods 2021, 10(9), 2237.

<https://doi.org/10.3390/foods10092237>