

SOY SAUCE

Less Sodium, More Flavor



Want to **reduce the sodium** in your burgers, but **add more flavor**?

Our **Juicy Umami Burger** recipe uses Kikkoman® Soy Sauce instead of table salt and reduces sodium by 15% per patty!*

Get the recipe here!

kikkomanusa.com/homecooks/recipes/juicy-umami-burger

What is **SODIUM**?

Although the terms "salt" and "sodium" are often used interchangeably, they're not the same. Here's why...



Sodium is an essential nutrient that your body needs.



The amount of sodium in a food can be found on the nutrition facts label.



Sodium makes up 40% of most table salts.

SODIUM By the Numbers

The 2020-2025 Dietary Guidelines for Americans recommend a sodium intake of:

Less than 2,300 mg per day²

On average, Americans are consuming:

148% more than recommended per day²

REPLACING TABLE SALT WITH SOY SAUCE CUTS SODIUM WITHOUT LOSING FLAVOR

Research suggests substituting half of the amount of table salt in a recipe with the equivalent amount of soy sauce can reduce sodium without compromising the overall taste of the dish.³ By using Kikkoman® Less Sodium Soy Sauce, you can reduce sodium in recipes even more.

UNLEASH THE POWER OF UMAMI

This "fifth taste" found in soy sauce adds rich flavor without extra sodium

Sour Sweet Bitter Salty Umami

Swap Out Table Salt with Soy Sauce When:

1. Marinating Your Favorite Cut of Meat
2. Prepping Salad Dressings
3. Grilling Meat and Fish
4. Roasting Vegetables
5. Making Tomato Sauce



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REFERENCES

1. Sodium. U.S. Department of Health and Human Services, National Institutes of Health website. <https://medlineplus.gov/sodium.html>. Updated November 19, 2021. Accessed March 25, 2022.
 2. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at DietaryGuidelines.gov.
 3. Kremer S, Mojet J, Shimojo R. Salt reduction in foods using naturally brewed soy sauce. *J Food Sci*. 2009;74(6):S255-S262.
- *Recipe yield is 4 servings. Nutrient analysis conducted on 3/28/2022 using Foodworks18 and is based on 1 serving (1 burger patty) where 1 tsp of table salt (providing 2,325 mg sodium) is replaced with 2 tbsp of Kikkoman® Soy Sauce (providing 1,920 mg sodium). Nutrient analysis of full recipe per serving suggests a 15% reduction in sodium is possible when 1 tsp of table salt is replaced with 2 tbsp of Kikkoman® Soy Sauce (difference of 101.4 mg sodium; 657.1 mg sodium in 1 patty using table salt; 555.7 mg sodium in 1 patty using Kikkoman® Soy Sauce). Bun or other toppings shown in image not included in nutrient analysis.