

Salt Taste Enhancers in Foods

Hiroko Ozawa, Hideki Ushio

The University of Tokyo

Summary

Sodium chloride is essential for human beings and determines food tastes. However, the excessive intake of sodium chloride is considered to be a main cause of the high blood pressure, and intake restrictions are important for prevention of high blood pressure and the resulting vascular disease. Because taste palatability is spoiled without salt, the intake restriction is not easy for us. In this study, we have searched compounds derived from food and foodstuffs activating taste responses. Several water extracts from foods and foodstuffs have successfully enhanced taste responses. They are promising tools for the development of the low-sodium food.