

## Seasoning-up with Sauces & Condiments



Customers are looking for differentiated and interesting flavours to quickly dress up their favourite foods. Condiment sauces include sauces with spices, herbs, seasonings, flavourings and colourings. There are various types of condiments sauces available in the market such as barbecue sauce, soy sauce, teriyaki sauce, mustard sauce, chili sauce and the list goes on. They are not only used as cooking ingredients but also used as table sauces for dressings and dips (Allied Market Research, 2020).

The rising trend of consumer's willingness to experiment and try different cuisines from across borders has boosted the sale of condiment sauces. However, the use of sugar, salt, fat and artificial preservatives in condiment sauces are limiting the adoption of the supplemental food among health-conscious customers, which hamper the growth of the market (Allied Market Research, 2020). There is an

on-going trend to reformulate sauces and condiment products with lower level of salt, sugar and additives to ensure they are healthier without sacrificing any flavours. The increase in the usage of natural products especially the one with the non-genetically modified organism (non-GMO) trait is driving the global sauces dressings and condiments market growth, inclining towards a healthier lifestyle.

### **Flavex Powders: Tasty & Healthy Alternatives**

Flavex Powder Type 1266 is a powder produced from premium naturally fermented soy sauce. It is made with all natural ingredients from fermenting soy beans and roasted wheat. Its delightful blend provides a spectacular enhancement to any dishes or sauces. The rich and aromatic flavour brings complexity and enhancement to foods ranging from sauces, prepared meals, dressings, snack foods, seasonings, bakery, soups and gravies, without containing any preservatives, additives and MSG.

Flavex Powder Type 412 is a high grade yeast extract derived from baker's yeast with natural I+G ranging from 10 to 14 percent. It has a strong umami taste with naturally occurring nucleotides and less than 5 percent of salt. Flavex Powder Type 412 is characterised with a mild savoury profile. Meanwhile, yeast extracts are natural food ingredients produced from the digestion of yeast cells releasing natural occurring ribonucleotide and amino acids. Its unique 'umami' flavour properties can be used in a wide range of foods. On top of that, Halcyon's yeast extracts are natural, gluten-free and suitable for vegetarians as it contains no MSG, preservatives or additive. Hence, Halcyon's yeast extracts are ideal for those who are looking for natural ingredients ranging from snack foods, meat seasonings, dairy, prepared meals, bakery, soups, sauces, gravies, salad dressings and cheese based products.

### **Is MSG (Monosodium Glutamate) Harmful?**

There are extensive researches asserting that MSG is a safe food additive to consume. FDA also considers the addition of MSG to foods to be 'generally recognised as safe' (GRAS). However, there are some people who may be sensitive to it. FDA has received reports of people with symptoms such as headache and nausea after eating foods containing MSG. Even so, it has never been confirmed that MSG could cause the reported effects (FDA, 2012). The FDA authority has also concluded that the estimated

dietary exposure to glutamic acid and glutamates may exceed to not only the safe level but also doses associated with adverse effects in human beings for some population groups (EFSA, 2017).

### **Sauces & Seasonings Allow Great Meals to be Welcomed Back to the Dining Table**

Sauces and seasonings help to cut down the meal preparation time, especially for those with busy lifestyles. However, most of the meals are full of hidden unhealthy ingredients such as artificial flavours, high sugar and salt content, preservatives and more. Thus, Flavex sauces and seasonings are not only tasty but healthier too.

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### **References**

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