

## Irish Dairy Industries Association

### The Challenges with Reducing Salt in Cheese

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FSAI Salt Seminar  
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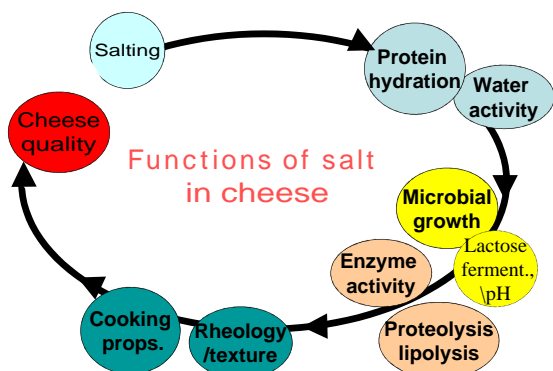
The Irish Dairy Industries Association (IDIA) represents the Irish Dairy Processing Industry. An affiliate of IBEC, IDIA works with its members to ensure a competitive commercial environment for the industry

## Focus on Cheese

- ❑ Nutrient rich food
- ❑ Consumption in Ireland :
  - Adults – 12g / day
  - Teenagers – 8g /day
  - Teenagers – 11g /day
- ❑ Source: IUNA National Consumption Surveys 2001, 2005, 2008
- ❑ Natural product with complex chemistry
- ❑ Sophisticated market, products differentiated by taste
- ❑ Cheese contribution to daily salt intake – 0.12g or 3.5% in adults

Source: FSAI, Salt and Health Publication, 2005

## Overview of functions of salt in Cheese



## Relationship Between Salt & Cheddar Quality

- ❑ Salt-in-Moisture (S/M)
  - Salt dissolves in the free moisture in cheese
  - % S/M =  $\left[ \frac{\text{cheese salt content}}{\text{cheese moisture content}} \right] \times 100$
- S/M testing is applied when grading cheese and typical value range between 4 – 6% for quality cheddar

## Issues with Salt Reduction

- ❑ IDIA Concerns:
  - Safety of lower salt cheese
  - Control of spoilage organisms in lower salt cheese
  - Issues with flavour development
  - Issues with grading
  - Poor texture quality
  - Issues with uniformity of level and distribution of salt in cheddar blocks

## Industry Commitment

- ❑ Change in industry specification – salt level reduced from 2.4% to 2.2% in 2007 -2009
- ❑ Consider further salt reduction without comprising food safety or quality
- ❑ Undertake research on salt reduction strategies:
  - Development of different started cultures
  - Alternatives to NaCl
  - Appropriate minimum salt level
- ❑ Continue discussions with FSAI



Thank you

Any questions?



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