

Author: HAJAR EL-ARNOUKI

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Monitoring and assessment of the strategic orientations for salt reduction in commercial white bread in Morocco

Hajar El-Arnouki, Khaoula Mokhantar, Younes El-Kardi, Ali Jafri, Abdelfettah Derouiche

University Hassan II of Casablanca, Ben Msik Faculty of Science, Laboratory of Biology and Health (URAC-34), Human Nutrition Research Group

Introduction: Bread is a staple food in Morocco; its daily intake is estimated at 350 to 500 g. In 2011, a study revealed that commercial white bread contained up to 18 grams of sodium chloride per kilogram, which translates into a daily salt consumption exceeding WHO recommendations from bread alone.

Methodology: A survey was conducted in January 2016 among 418 bakers to assess their knowledge about the recommendations of salt consumption and the orientations of the Ministry of Health and its partners, issued on May 2015, in terms of reducing salt in processed foods.

Results: Data revealed that, 73% bakers did not know about the salt reduction initiative yet were willing to reduce salt at a rate of 2 grams per kilogram per year, 78% were unaware of salt intake recommendations, among the 27% of bakers aware of the salt reduction initiative, 14.5% reduced voluntarily the salt by 33% in the preparation of bread and passing from 15 to 10g of salt per kg of flour.

Conclusion: This study shows that more than 85% of surveyed bakers adhere or want adhere to salt reduction initiatives, which meets the strategic orientations and provides a model for accession for other food.