

C01 Sodium content in local soya sauce on the Malaysian Market without sodium declaration on the label

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Sodium chloride is a major component of table salt. Salt is in high demanded due to its easy access, cheap and universally used in food preparation. High salt concentration in brine solution during soya sauce fermentation is to enhance its flavour and to prevent the growth of undesirable microorganisms. Thus, high consumption of soya sauce may lead to high sodium intake that may cause noncommunicable diseases (NCDs) such as kidney failure, hypertension and cardiovascular disease. The declaration of sodium content on the label of Malaysian commercial soya sauces is on a voluntary basis. Hence, the aim of this study was to investigate the sodium content in commercial soya sauces in the market that do not have the sodium content labelling. The commercial soya sauces were collected from the main local supermarkets and analysed for sodium content by using Inductively Coupled Plasma Optical Emission Spectrometry (ICP-AES). The samples consisted of 11 brands of sweet soya sauce, five brands of salty sauce, four brands of dark soya sauce and three brands of light soy sauce. Three brands of sweet soya sauce contained 3500 – 4300 mg sodium/100g were significantly higher ($p<0.05$) in sodium content compared to the rest of the samples. The sodium in two brands of dark soya sauce contained 695 mg/100g which was significantly lower ($p<0.05$) than the rest of the soya sauce brands. Sodium in the light soya sauces (500-600 mg sodium/100g) was significantly lower ($p<0.05$) compared to other types of soya sauce. In conclusion, it is important to investigate the sodium content in soya sauce that are sold locally as additional information to the consumers.