

CONSUMER PREPARATION METHODS EFFECT ON SODIUM CONTENT

OBJECTIVE: To determine the sodium level reduction of several Beans in Brine products based on a consumers preparation technique. The testing will analyse the following preparation methods to determine what effect the different approaches provide in regards to Sodium reduction results for the 'as used' methods.

METHODOLOGY: After applying the defined 'preparation methodology' each sample will be analysed for Sodium. Five identical cans of each product were prepared/analysed.

1	Regular 'total can' - ie) beans and brine
2	Drained beans - ie) pour can into collander, drain off all brine
3	30 second rinsed beans - ie) pour can into collander, rinse beans under (cold) running water for 30 seconds, allow all loose water to run off beans
4	60 second rinsed beans - ie) pour can into collander, rinse beans under (cold) running water for 60 seconds, allow all loose water to run off beans
5	30 minute soak - ie) pour can into collander, rinse beans under (cold) running water for 30 seconds then put them in a bowl (?) and cover them with cold water for 30 minutes, then pour back into collander and drain off all water

Preparation Methods (results expressed as mg Sodium per 100 g)

RESULTS:	1		2		3		4		5	
	mg	% Reduced *	mg	% Reduced *	mg	% Reduced *	mg	% Reduced *	mg	% Reduced *
Dark Red Kidney Beans	228		210	7.9	186	18.4	197	13.6	139	39.0
Light Red Kidney Beans	232		215	7.3	199	14.2	196	15.5	135	41.8
Black Beans	356		337	5.3	290	18.5	241	32.3	185	48.0
Garbanzo Beans	408		373	8.6	306	25.0	260	36.3	205	49.8
Pinto Beans	380		340	10.5	279	26.6	226	40.5	194	48.9
Average % Reduction			7.93		20.55		27.64		45.52	

* - % Reduced represents reduction vs Method 1 ie) Total Can amount

CONCLUSIONS:

Method 2 [Drained off brine] resulted in an average 8% (5.3-10.5) reduction of Sodium amount
 Method 3 [30 sec rinse-off] resulted in an average 20% (14.2-26.6) reduction of Sodium amount
 Method 4 [60 sec rinse-off] resulted in an average 27% (13.6-40.5) reduction of Sodium amount
 Method 5 [30 min soak after rinsing] resulted in an average 45% (39.0-49.8) reduction of Sodium amount

GENERAL LEARNINGS:

- The brine does contribute a slightly higher amount of sodium when used with the beans
- Simply draining the brine and rinsing the beans can provide a significant reduction of approx 25% of the sodium content
- For especially sodium conscious consumers the beans can be rinsed and then soaked for as little as 30 minutes to achieve almost a 50% reduction in sodium content

PRODUCTS:	Can Code ID	Date Code
Dark Red Kidney Beans	DRKID	E0623 20:29-20:32
Light Red Kidney Beans	LTKID	E0621 08:55-08:57
Black Beans	193A3	OO35A 09:32
Garbanzo Beans	GARBO	N2121 12:08-12:09
Pinto Beans	PINTO	E1023 23:42-23:44