

Eat Well, Live Well.



Enjoy delicious low-salt recipes!

A low salt intake can help to improve overall health. According to the World Health Organisation, low salt foods reduce the risk of high blood pressure and other non-communicable diseases. Salt contains 40 per cent of sodium.

Do you know that AJI-NO-MOTO® Umami Seasoning contains only one third of the sodium, as compared to table salt?

The Ajinomoto Group Creating Shared Value (ASV) initiative aims to promote the health and well-being of the community through umami application.

Since 2015, Ajinomoto (Malaysia) Berhad (AMB), together with the International Medical University (IMU) has taken the initiative to develop delicious a low-sodium balanced menu with umami applications for the elderly. The use of AJI-NO-MOTO® Umami Seasoning successfully reduced up to 45 per cent of sodium in the menu served to the elderly daily.

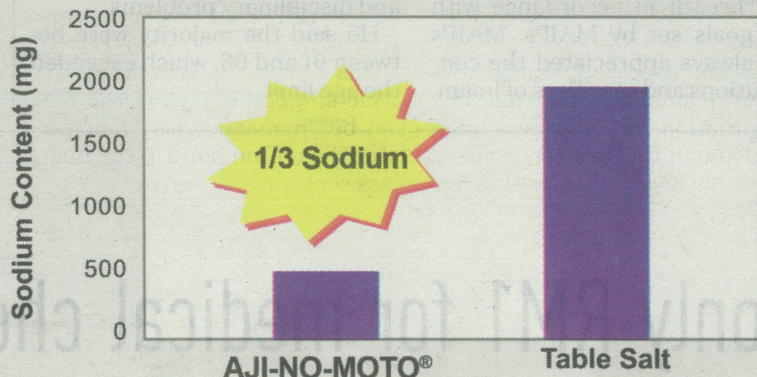
We strive to improve the appetite of the elderly through a balanced diet, thereby promoting a better quality of Life. This project is part of the ASV initiative and

IMU Cares community programme. It was awarded with the Silver Award for the Best Community Program in the Global CSR Summit & Award 2017.

Other initiatives on promoting a low-sodium diet by AMB include the sharing of Umami applications in scientific

conferences (including the outcomes of the elderly dietary improvement project), conducting workshops for culinary academy education, training of chefs and media releases and much more.

For further information, visit: www.ajinomoto.com.my



The 9th Annual Global CSR Summit & Awards™ 2017

Best Community Programme Award

SILVER

Less than USD 1 Billion in Market Cap

<https://globalcsr.pinnaclegroup.global/2017/>

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TIPS FOR COOKING

During cooking, add AJI-NO-MOTO® Umami Seasoning first, followed by salt. This reduces the sodium from salt, and is delicious!

