

NEW LOOK

SAME GREAT TASTE

Dash™

SALT-FREE SEASONING BLENDS

Bold Flavor. No Salt.

Limiting sodium is a growing trend in the U.S.¹ But offering healthy menu options doesn't mean your patrons have to miss out on taste. Dash™ seasoning blends add delicious flavor to any dish, without adding salt. They make healthy menu planning easy!

- **Health & Wellness.** Over 150MM adults struggle with high blood pressure and pre-hypertension and need to actively limit sodium.¹ While Americans consume about 3,400mg of sodium per day, the recommendation is 2,300 mg of sodium per day overall.²
- **Flavor Without Salt.** Recommendations for sodium reduction include flavoring foods with herbs and spices instead of salt.²
- **K-12 Cutdowns.** 2024 lunch and breakfast sodium requirements have elementary schools cutting sodium to 935mg & 485mg, middle schools to 1,035mg & 535mg and high schools to 1,080mg & 570mg.³
- **Healthcare Too.** 72% of hospitals, 83% of senior living operations and 59% of long-term care facilities say they're cutting back on sodium on the menu too.³

Why Dash™ Seasoning Blends?

- **Bold Leader.** The Dash™ brand is the market leader in salt-free seasonings and a recognized household name with consumers.
- **Salt-Free. Flavor Full.** Dash™ seasoning blends are flavorful, consistent and helps fresh ingredients taste even better without increasing sodium.



- **Flavor to Savor.** With seven seasoning blends that are traditional or on-trend, they bring big appetite appeal to any menu item.
- **Batch or Customize.** Dash™ seasoning blends are available in 21 oz. bottles for back of house as well as portion control packets so patrons can add as much flavor as they'd like.

1. cdc.gov, High Blood Pressure Fact Sheet
2. health.gov, Dietary Guidelines 2015-2020
3. USDA - National School Lunch Program - Target 2 - 3/20/19

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Menu Applications

Find these recipes and more at mrsdash.com.



Maple Glazed Salmon



Gourmet Popcorn



Chicken Cacciatore

Take any menu item to the next level with Dash™ seasoning blends—without adding salt.



Breakfast

- Upgrade breakfast potatoes, eggs or breakfast meat with Original or Garlic & Herb seasoning blends
- Add flavorful heat to potatoes or eggs with Southwest Chipotle or Spicy Jalapeño seasoning blends



Appetizers & Snacks

- Add tasty flavor to customer favorites like potato skins, nachos, onion rings, fried vegetables, and more
- Create a signature dip by mixing any blend into mayo, olive oil, ketchup, hummus or other base



Lunch & Dinner

- Sprinkle on meat, poultry, fish or pasta for easy, consistently flavorful center-of-the-plate dishes
- Transform ingredients with traditional blends for menu staples or trending blends for specials

Item #	GTIN #	Pack/Size	Description
Dash™ Back-of-House			
1150598*	10605021505984	6/21 oz	Dash™ Original Seasoning Blend
1150599	10605021505991	6/21 oz	Dash™ Southwest Chipotle Seasoning Blend
1150602	10605021506028	6/21 oz	Dash™ Garlic & Herb Seasoning Blend
1150603	10605021506035	6/21 oz	Dash™ Lemon Pepper Seasoning Blend
1150604	10605021506042	6/21 oz	Dash™ Everything But the Salt Seasoning Blend *NEW
Dash™ Portion Control Packets			
80260536*	10605021005363	500/0.02 oz	Dash™ Original Seasoning Blend packets
80260541	10605021605410	500/0.02 oz	Dash™ Garlic & Herb Seasoning Blend packets
80260538	10605021605387	500/0.02 oz	Dash™ Table Blend Seasoning Blend packets
80260537	10605021605370	500/0.02 oz	Dash™ Low Pepper, No Garlic Seasoning Blend packets

*Best Seller



Support

To learn more about our products and programs, contact your B&G Foods Away From Home representative.