

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.

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



- **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.

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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

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. For additional information, visit bgfoodsawayfromhome.com, click Brands and then the Dash™ logo.

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