



NEW 2015-2020 Dietary Guidelines Recommend Americans Reduce Sodium by Flavoring Food with Spices and Herbs

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SPRING, Md., Jan. 8, 2016 /PRNewswire/ - McCormick & Company, Incorporated (NYSE: MCC), a global leader in flavor, challenges everyone to use the spice rack to consume less sodium. The new 2015-2020 Dietary Guidelines for Americans (DGA) recommends using spices and herbs to help Americans reduce sodium in their diets. "On average, Americans consume 3,440 mg of sodium a day, which is nearly 50 percent higher than the Dietary Guidelines recommended daily intake of less than 2,300 mg.

"We know that good flavor is the key to consistently making healthy choices," said Don Wilson, McCormick Chairman and Chief Executive Officer. "When we use spices and herbs to help, by learning to prepare foods with spices and herbs, people can meet dietary guidelines for sodium without sacrificing taste. We offer more than 450 salt-free and reduced sodium products in the U.S. to help people do just that."

Recent internally research supported by the McCormick Science Institute (MSI), the independent research arm of McCormick & Company, revealed when adults were shown how to flavor their food with spices and herbs instead of salt, they were able to reduce sodium intake by almost 1,000 mg per day.¹ This reduction could close the 1,100 mg gap between the average amount of sodium Americans consume on a daily basis versus the amount recommended by the Dietary Guidelines.

"At MSI, we support independent research at leading universities to explore the potential health benefits of culinary spices and herbs," said Dr. Hamed Faridi, McCormick's Chief Science Officer. "We're excited to see spices and herbs recognized as a solution to lower sodium in the recently released DGA report."

McCormick works closely with the food industry, providing delicious flavor solutions for food companies, chefs and food service operations both in the United States and around the world. The company specifically focuses on helping to reduce the sodium in packaged foods and on restaurant menus through the use of spices and herbs.

For consumers seeking simple ways to reduce sodium, the McCormick kitchens have crafted easy tips like sprinkling black pepper and oregano instead of salt on eggs or replacing the salt shaker for garlic powder and adding to everyday dishes like vegetables and chicken. Keeping these and other spices and herbs like rosemary, red pepper, ginger and curcumin on hand when preparing meals, will enhance the flavor of foods without adding sodium. For more low sodium tips and recipes like Citrus Herbed Chicken and Asparagus, visit www.mccormick.com/ReducedSodium.

About the 2015-2020 Dietary Guidelines for Americans

The Dietary Guidelines for Americans, published jointly by the U.S. Department of Agriculture (USDA) and the U.S. Department of Health and Human Services (HHS) every five years, serve as the foundation for federal nutrition policy and programs, as well as health professional advice. Each edition of the Dietary Guidelines takes into account the latest body of nutrition research, and informs Americans on how to choose the optimal foods and beverages for a healthy lifestyle.

<http://health.gov/dietaryguidelines/2015-edition>

About McCormick

McCormick & Company, Incorporated is a global leader in flavor. With \$4.2 billion in annual sales, the company manufactures, markets and distributes spices, seasoning mixes, condiments and other flavorful products to the entire food industry – retail outlets, food manufacturers and foodservice businesses. Every day, no matter where or what you eat, you can enjoy food flavored by McCormick. McCormick Brings Passion to Flavor™

For more information, visit www.mccormick.com/about-us

About The McCormick Science Institute

The McCormick Science Institute is an independent research-driven organization whose mission is to support scientific research and disseminate information on the potential health benefits of culinary herbs and spices to all stakeholders including consumers and health professionals. The Institute is led by nutrition scientists and guided by a Scientific Advisory Council consisting of internationally recognized scientists and health professionals from leading research institutions. Learn more at www.mccormick.com/science

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¹ 2015-2020 Dietary Guidelines for Americans, Eighth Edition, January 2016, health.gov/dietaryguidelines

² Anderson CM, et al. Effects of a behavioral intervention that emphasizes spices and herbs on adherence to recommended sodium intake: results of the SPICE randomized clinical trial. Am J Clin Nutr. 2015 Sep; 102(3):671-8. <http://ajcn.nutrition.org/content/102/3/671.full>

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SOURCE: McCormick & Company, Inc.