

Sodium Content of Restaurant Foods: Publishing Trends

INTRODUCTION

High Sodium Intake: Globally, sodium intake often exceeds WHO-recommended levels.

Health Implications: increased risk of high blood pressure, heart disease, stroke, and other health issues.

Sources of Sodium: Primarily some processed food and restaurant foods. **Regulatory Efforts:** Some regulations require sodium labeling of restaurant menu items. Limited evidence exists that restaurant operators have taken steps to reduce the sodium content of foods.

Challenges: Achieving global sodium reduction targets remains difficult.

Research Objectives: Perform a scoping systematic review and a bibliometric analysis of research published about sodium and restaurants.

METHODS

Systematic Review: The PRISMA 2020 check list was used to perform the review.

Database: Scopus Research articles in English. 1970 – 2023.

Search Terms: (A) Restaurant, Foodservice, Food service, Fast food, Street

food, Away from home and (B) Salt, Sodium.

Article Review: 541 articles identified. 378 articles remaining after each one

were reviewed for suitability in the study.

Bibliometric Analysis: VosViewer was used to analyze the co-occurrence of the keywords for the articles identified.



Figure: Keyword Co-occurrence Map of Research on Sodium in the Restaurant Industry.

RESEARCH GAPS IDENTIFIED

- 1. Impact of sodium reduction strategies by restaurant operators.
- 2. Consumer response to sodium labeling.
- 3. Behavioral interventions to inspire restaurant operators to reduce food sodium content.
- 4. Sustainable sodium alternatives in foods offered from restaurants.
- 5. Influence of food marketing on sodium intake from restaurant foods.
- 6. Sodium reduction in ethnic and specialized cuisines offered in restaurants.
- 7. Public awareness and education affect on sodium intake from restaurant foods.

Results

Cluster Analysis of Keyword Cooccurrence may

Blue: Includes terms like "fast food," "caloric intake," and "energy intake," which are linked with "nutritional value" and "nutritive value."

Represents research on the nutritional content of fast and processed foods in restaurants.

Red: Includes terms like "diet," "fat intake," "body weight," and "socioeconomics."

Emphasis on how dietary habits such as sodium intake, are associated with body weight, socio-economic factors found in dietary surveys.

Green: Includes terms such as "adolescent," "middle aged," "risk factors," and "hypertension."

Indicate research on health outcomes associated with sodium intake across different age groups, with a particular focus on hypertension and risk assessment.

Yellow: Includes terms related to public health policy and guidelines, like "health care policy," "health promotion," and "government."

Suggests an interest in policy-driven approaches to managing sodium intake

Article Focus

- The top five greatest number of articles were published by the United States, China, United Kingdom, Canada, and South Korea.
 - Journals with more than five articles are focused on science and medicine topics; none were categorized as hospitality business journals.