

Thanks for Joining Us at FNCE®!

Hello!

On behalf of everyone at Ajinomoto Health & Nutrition, I want to thank you for stopping by our booth at FNCE® this week. We loved meeting with you and had a blast serving 35% sodium-reduced, vegetarian ramen. Below is some follow-up information that you may find helpful, including a link to patient education materials and our **vegetarian ramen recipe**. We'd also appreciate it if you could respond to a brief [four-question survey](#) to share your thoughts. If you have any questions or feedback, please don't hesitate to reach out. We look forward to keeping in touch.

Kind regards,
Tia Rains, PhD
Ajinomoto Health & Nutrition North America, Inc.



Chef Chris Koetke

Resources for You



Our new website for health professionals, www.whyusemsg.com, is loaded with information about MSG safety, the great taste of umami and how MSG can be used as a sodium-reduction strategy.

Key Topics Include:

- [What is MSG?](#)
- [MSG Safety](#)
- [Patient Education Resources](#)
- [Scientific Citations](#)
- [Recipes](#) (including the FNCE® crowd-favorite vegetarian ramen!)

Ajinomoto + FNCE® By the Numbers

We love feeding registered dietitian nutritionists! Here's a snapshot of what we served up. Hope you loved it as much as we did!

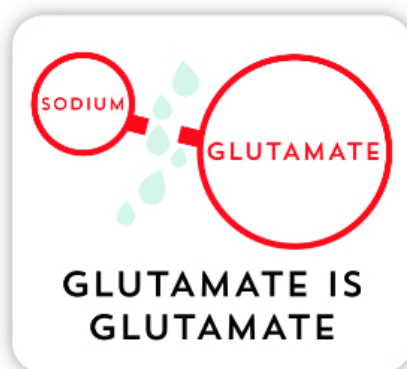


Tell Us What You Think

We understand that long-standing misperceptions can be hard to shift. But we hope you walked away from FNCE® with a deeper understanding about and reassurance of MSG's safety. Please take our four question survey below to tell us about your beliefs and what else you'd like to see from us.

[Take Survey Here](#)

Did You Know?



Monosodium glutamate (MSG) separates into sodium and glutamate when it's exposed to water in foods or saliva in the mouth, which is why the body cannot distinguish the difference between glutamate naturally present in foods (such as Parmesan cheese) and added MSG.



MSG seasoning is a quick and easy way to deliver savory deliciousness to foods and added dimension to flavors. MSG has two-thirds less sodium than table salt and can enhance the flavor of food while decreasing the need for salt.

Eat Well, Live Well.



About Ajinomoto Health & Nutrition North America, Inc.

Ajinomoto Health & Nutrition is the North American subsidiary of Ajinomoto Co. Inc. (Global Corporate Office) in Japan, a global leader in the research, development, manufacturing, and sale of the highest quality amino acid-based products and food solutions. As experts in harvesting the power of umami since its discovery in 1908, Ajinomoto focuses its efforts on building the bridge between science and taste. From breakthrough innovation to social impact, Ajinomoto Health & Nutrition contributes to significant advances in Nutrition and Health, creating a better life for all.

For more information visit www.whyusemsg.com and www.ajifoodsolutions.com.