

Mrs. Dash[®] is right at home in the Back of the House.



Lemon Pepper

MD263
3/21 oz.

Garlic & Herb

MD293
3/21 oz.

Original Blend

MD203
3/21 oz.

Today's consumers are maintaining healthier diets, including reducing their sodium consumption. Mrs. Dash® is available in convenient 21-oz bottles for back-of-house so you can easily moderate sodium on your menu today.



Mrs. Dash adds layers of flavor and can help moderate the sodium in your menu items.

- All natural – blends of the finest herbs and spices with no preservatives, dyes, artificial flavors or fillers.
- Quality – our seasoning blends are course-ground for full-bodied aroma, bold flavor and better visual appeal on the plate.
- Creativity – available in the most popular flavors and versatile varieties– Lemon Pepper, Garlic & Herb, Original.
- Control – because Mrs. Dash is completely salt free it lets you and/or your patrons control the sodium level without sacrificing taste.



- Menu Support – we have on-staff chefs and registered dietitian who offer:
 - Recipe modifications/adaptations
 - Proprietary culinary concepts
 - Training and guidance on how to effectively reduce sodium and keep customers satisfied
- Menu Ideas–Over 100 foodservice recipes and culinary inspirations are available online at mrsdashfoodservice.com.



Mrs. Dash is so universal, you'll use it as your go-to seasoning. These mouth-watering dishes were created with Mrs. Dash Garlic & Herb.

Teriyaki Glazed Shrimp

Grilled gulf shrimp, seasoned and glazed, atop warm spinach, gingered carrot, roasted red peppers and bean sprouts, served over seasoned steamed brown rice.



Turkey Lettuce Wraps

Warm savory blend of seasoned ground turkey, sautéed red peppers and onion with black beans and corn served with cool crisp lettuce cups.



Pork Chops Dijon

Thick, juicy and tender pan-seared pork chops smothered in a sweet and tangy honey dijon sauce. Pairs perfectly with baked potato and fresh green beans.



- The U.S. Department of Health and Human Services recommends that adults consume no more than 2,300 mg of sodium per day—about 1 teaspoon of salt.¹
- The American Dietetic Association recommends using herbs and spices instead of salt to enhance the flavor of a meal.²
- Offering more healthy menu options can help expand your customer base and increase traffic.



- With 89% awareness³, Mrs. Dash is the brand consumers think about for salt-free seasoning and is the one requested by operators and patrons alike.
- Because Mrs. Dash is a brand your customers know and trust, they can be sure your reduced-sodium dishes will taste great, too.
- Mrs. Dash is America's #1 brand of salt-free seasoning. It's used by millions to moderate sodium and can be found in more households than any other competitor.⁴

For more information on how Mrs. Dash Salt Free Seasoning Blends can help you moderate sodium or for a free sample, contact us today.



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1 2005 Dietary Guidelines, U.S. Dept. of Health & Human Services 2 ADA tips, March 2005 3 A&J Study, 2007 4 Based on IRI sales data

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