

## **Vogel's statement in response to Consensus Action on Salt & Health (CASH) 1<sup>st</sup> September 2011**

Vogel's have been producing bread for over 60 years using only clean recipe ingredients, which basically means natural ingredients that are easily available on supermarket shelves and without the use of emulsifiers, enzymes, mould inhibitors and no time dough additives.

Salt is a multi-functional ingredient when used in bread making and is not just added for flavour. There are three key reasons why we use salt to make Vogel's Original Mixed Grain;

1. Salt helps control fermentation (especially if – as we do at Vogel's - you are making the bread without the use of ascorbic acid). Without it the dough collapses
2. Keeping qualities – salt helps keep the loaf moist through its shelf-life. We don't use enzymes or emulsifiers in Vogel's bread
3. Salt is a natural mould inhibitor. A lot of mass produced bread may have reduced the level of salt, but they then have to add an artificial preservative (the most common being Calcium Propionate E282) to prevent mould growth. Vogel's don't use artificial preservatives

Vogel's is committed to continue to review the salt content in our bread without compromising our quality and the natural processes we use.

### **About Vogel's Original Mixed Grain**

The Vogel's Original Mixed Grain was developed by Dr Alfred Vogel, a pioneering Swiss nutritionist back in the 1950's. The loaf was awarded a gold medal at the Berne International food exhibition in Switzerland in 1954.

Alfred Vogel believed health and nutrition were strongly linked and that the best quality of life could be achieved through maintaining a well balanced diet of wholesome natural foods.

[www.vogelsbread.co.uk](http://www.vogelsbread.co.uk)