

**Umami and Sodium Intake:  
 An Evidence Scoping Review**

**Research Question:** Among adults, what is the availability of literature examining the effect of umami (or foods containing umami substances) on sodium intake?

**Inclusion/Exclusion Criteria**

	<b>Inclusion Criteria</b>	<b>Exclusion Criteria</b>
Peer-Review Status	Peer-reviewed and published in a juried publication in a peer-reviewed section within the publication; studies/trials in progress and registered	Non-peer-reviewed articles, such as government reports, position statements, editorials, letters to the editor, etc.
Population and Age	Human adults (≥18 years)	Animal studies. Human studies in adolescents, children and infants.
Setting	Any setting	None excluded.
Health Status	Open	None excluded.
Interventions	Interventions focused on umami substances or foods containing umami substances	Interventions not focused on umami substances or foods containing umami substances
Comparison	For RCTs, include at least one control group (e.g. usual care, placebo, alternative sodium substitute).	No comparison group.
Study Design Preferences	Clinical trials (RCTs, NRCTs, non-controlled trials, observational studies (cross-sectional, cohort, case-control, case studies, meal studies), qualitative studies, systematic reviews and meta-analyses, conference abstracts.	Narrative review, grey literature, single case-study, case report, book chapter, abstracts that are not registered studies/trials
Minimum Study Duration	Any duration.	None excluded.
Size of Study Groups	Open	Open
Study Drop Out Rate	Open	Open
Outcome	Sodium intake-related outcome	Outcome not related to sodium intake
Year Range	Open – no date limit.	Open.
Language	Limited to articles in English	Articles not published in English
Databases	Medline/PubMed, CINAHL, Embase, Web of Science, PsycINFO, Cochrane, Scopus. Registered/in-progress trials: clinicaltrials.gov, NIH reporter, WHO,	

	Inclusion Criteria	Exclusion Criteria
	Cochrane, PROSPERO. Any other databases that Heidi can access	

**Search Terms: Title or Abstract Must Include One Umami Term and One Sodium Intake Term (as well as limits for Humans and English)**

Terms Related to Umami	AND	Terms Related to Sodium Intake
<p><b>MESH terms:</b> Sodium glutamate</p> <p><b>Non-MESH terms:</b></p> <p><b>Umami substances:</b></p> <p>Umami Umami-rich Monosodium glutamate Monosodium L-glutamate MSG (but not Mycoses Study Group) Sodium L-glutamate Glutamate L-glutamate Glutamic acid L-glutamic acid Aspartic acid Aspartate Glutamate salt Potassium glutamate Potassium L-glutamate Calcium glutamate Calcium L-glutamate Calcium di-glutamate CDG Ammonium glutamate Ammonium L-glutamate Nucleotide Ribonucleotide 5'-ribonucleotide Guanosine 5'-monophosphate Guanosine monophosphate-5 Guanoside monophosphate Guanylate GMP Inosine 5'-monophosphate Inosine monophosphate</p>		<p><b>MESH terms:</b> Sodium, dietary</p> <p><b>Non-MESH terms:</b> Salt* (includes salty, saltiness) Sodium Sodium chloride Salt intake Salt reduction Salt restriction Sodium intake Sodium reduction Sodium restriction Sodium chloride intake Sodium chloride reduction Sodium chloride restriction Dietary salt Dietary sodium Dietary sodium chloride Low salt Low sodium Low sodium chloride Reduced salt Reduced sodium Reduced sodium chloride Salt-reduced Sodium-reduced</p>

<p>Inosine monophosphate-5 Inosinate IMP Adenosine 5'-monophosphate Adenosine monophosphate AMP Disodium inosinate Disodium guanylate</p> <p><b>Foods containing umami substances (those from White Paper: at least 50 mg free glutamic acid per 100 g) :</b></p> <p>Chinese food Japanese food Asian food Scallop Crab Bonito Dashi Sardines Mackerel Tuna Squid Oyster Clam Mussel Cured ham Sausage Cheese Parmesan Mozzarella Emmenthaler Cheddar Stilton Roquefort Gruyere Saint Paulin Camembert Danish Blue Gouda Grape Grape Juice Tomato* Cabbage Chinese cabbage Napa cabbage Corn Green peas Onion</p>		
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Potato Sweet potato Mushrooms Shiitake Mushrooms Broccoli Soybeans Soy sauce Fish sauce Oyster sauce Green tea Seaweed Dried kelp Fermented beans Fermented products Fermented foods Yeast extract Olives Tamari Mirin Rice vinegar		
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