

made from the fermented sap of the coconut palm and salt—provide one way for consumers to get all the umami at about one-third of the sodium of regular soy sauce. They are also soy- and gluten-free. Though not a new ingredient, coconut aminos appear to be gaining traction among the growing cadre of keto followers.

The following products illustrate some of these trends and showcase a couple of the emerging ingredients making their way to store shelves.

### Kevin's Natural Foods Teriyaki Sauce

A perfect pantry staple, this new simmer sauce holds appeal for consumers looking for both lower-sodium and no-sugar substitutes for their favorite dishes. This keto- and paleo-certified sauce gets its umami from coconut aminos and its sweetness from coconut sugar, monk fruit and stevia. Yeast extract, sesame oil, apple cider vinegar and spices help add layers of flavor at 270 mg of sodium per 2-tbsp. serving size.



### Amy's Kitchen Organic California Veggie Burger Light in Sodium

Plant-based burgers are typically much higher in sodium than their beefy counterparts, but this new veggie burger narrows the gap by reducing the amount of salt in its regular version by half. At 270 mg per patty, it more than measures up as a low-sodium alternative to others in its category, rating an “A”—for burgers with less than 346 mg sodium—in a recent analysis of the nutritional values of 19 plant-based burgers conducted by Jessie Shafer, R.D., New Hope Network’s resident dietitian. Interestingly, the ingredients are the same for the brand’s Regular and Light versions, relying on things like mushrooms, onions, carrots and walnuts to bring the flavor.



### Chef's Cut Real Jerky Co. Zero Sugar Meat Sticks, Original Flavor

These grab-and-go meat sticks are part of the new sugar-free product line launched by this cured meat company, whose recipes are created by the brand’s in-house chef and co-founder. In addition to a clean ingredient list that includes pork, beef and spices, the brown sugar from the regular recipe is eliminated and cherry juice powder is added to adjust for any differences in color. The result is a zero-sugar snack that tastes just as great as the original version—leading to the question: Why add sugar in the first place? Each 1-oz. stick boasts 8 g of protein and is keto- and paleo-friendly.



### Nubocha Chocolate Arriba Dairy Free Gelato

This newly launched dairy-free gelato is a revelation for those who wish to indulge in low- or no-sugar desserts, but are averse to the taste and mouthfeel of many common sugar substitutes. With 250 calories per 14-oz. container, this gelato is sweetened with allulose, a naturally occurring, low-glycemic sugar that has a texture similar to table sugar and, as far as our resident supertasters can tell, zero aftertaste. This vegan “bean to bar” variety—one of four in total—uses 100% cocoa mass (not cocoa powder) grown and processed on the company’s own plantations for a creamy and indulgent plant-based dessert. ♦

