**Reducing sodium intake of hot smoked atlantic mackerel and trout**

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In most European countries sodium (Na) intake exceeds the nutritional recommendations, being sodium chloride (NaCl) its main source. The consumption of seafood smoked products has increased in most countries; however, its salt content is variable and very often exceeds the WHO recommended daily intake values (< 5 g for adults). This has led to look for new alternatives to NaCl for use in dry or wet salting of fish for smoking. Therefore, the purpose of this study was to develop hot smoked mackerel (*Scomber scombrus*) and farmed trout (*Oncorhynchus mykiss*) with reduced NaCl/Na content as a potential solution towards healthier smoked seafood products, while keeping the quality and safety. The formulations for mackerel wet salting (5 and 100 g/L of brine) were: 100% NaCl, 75% NaCl+25% KCl, 50% NaCl+50% KCl and 25% NaCl+75% KCl. For trout dry salting (4% salts+1% yellow sugar) the formulations were: 50% NaCl+50% KCl, 25% NaCl+75% KCl (both with/without addition of a masking agent), 50% NaCl+50% microencapsulated extracts of spices and aromatic plants (ME), 75% NaCl+25% ME, 100% NaCl. Hot smoking followed a traditional protocol in a semi-industrial smokehouse (SIMIA, Portugal). Products were evaluated through physicochemical, instrumental, sensory and microbiological analyses. Technological yields, proximate composition, texture, colour, water holding capacity, pH, water activity and process hygiene and safety indicators (total viable counts, Enterobacteriaceae and L. monocytogenes) observed in both products were not significantly affected by formulations used. Regarding smoked mackerel, the highest sensory scores were attributed to products prepared with 5% brines based on 75% NaCl+25% KCl formulation. It represented the most desirable taste attributes of negligible bitterness and adequate saltiness, which corresponded to 1.70 g of NaCl, 0.68 g of Na and 1.23 g of K/100 g of product. For trout, formulations containing 50 and 75% KCl allowed for a reduction in Na/NaCl between 45 and 63% as well as significant increases in K. In those with ME (25 and 50%) the reductions were between 34-54% with no significant increases in K. The most desirable sensory attributes (negligible bitterness/adequate saltiness) were obtained with 25% KCl and 25 and 50% ME. Thus, replacing NaCl with KCl (around 30%) or ME could be an attractive strategy for consumers following low-sodium diets, and for the industry to meet the current demand for low Na content smoked products.

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Palabras Clave: Seafood, smoking, salting, salt reduction