

LEMONS

Juicy, Tart, Better for Your Heart



The average North American consumes nearly **twice the recommended amount of sodium**.¹

Luckily, there is an alternative that can help **reduce sodium** and **improve flavor**.



Recent research by a master chef at Johnson & Wales University revealed that **Sunkist® lemons** could be used to **reduce salt** in recipes by up to **75%** and found **an optimal blend for any recipe**.

Optimal Blend

For 2-4 serving recipes calling for salt, **reduce salt by using this blend.**

Before/During cooking:

1/4 tsp salt

1/2 tsp Sunkist lemon zest

Finish with:

2 1/2 tsp Sunkist lemon juice

Why add juice last?

- More flavorful punch
- Green vegetables keep color better
- Protects the texture of meats

Best Timing:

Zest: add before or during cooking

Juice: add to finish after cooking



While the optimal blend works for any recipe, avid home chefs who want to put their best plate forward can **follow these specific Sunkist lemon substitutions in recipes calling for salt:**

For this dish:	If original recipe calls for:	Then replace with:	It will reduce sodium by:
Vegetables	1 tsp salt	1/4 tsp salt + 1/2 tsp zest + 2 1/2 tsp juice	75%
Pork Fish Dressing	1 tsp salt	1/2 tsp salt + 1 tsp zest + 5 tsp juice	50%
Grains Soups	1 tsp salt	2/3 tsp salt + 1 1/3 tsp zest + 2 2/3 Tbsp juice	30%
Beef Chicken	1 tsp salt	2/3 tsp salt + 1 1/3 tsp zest	30%

For more information, resources and recipes, please visit sunkist.com/healthyliving.

¹ Sources: 2015-2020 Dietary Guidelines for Americans; Government of Canada, healthycanadians.gc.ca.

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