Reducing Sugar

- Use “No Sugar Needed” Pectin for jams and jellies.
- Will not hold color as long.
- Can fruits in juice, water or light syrup.
- Sweeten with desired sweetener.
- Fruits canned in water will shrivel.

Reducing Salt

- No salt is needed for canning vegetables, meats, poultry or seafood.
- No salt is needed for canning tomatoes, but you must add lemon juice.
- Use recipes developed for “No Salt” pickles.
- You CAN NOT reduce or leave out salt in pickle recipes and be safe.