



Home Canning: Canned Foods For Special Diets¹

United States Department Of Agriculture, Extension Service²

The cost of commercially canned special diet food often prompts interest in preparing these products at home. Some low-sugar and low-salt foods may be easily and safely canned at home. However the color, flavor and texture of these foods may be different than expected and be less acceptable.

CANNING WITHOUT SUGAR

In canning regular fruits without sugar, it is very important to select fully ripe but firm fruits of the best quality. Prepare these as described for hot-packs for each fruit, but use water or regular unsweetened fruit juices instead of sugar syrup. (For more information see additional publications for individual

fruits.) Juice made from the fruit being canned is best. Blends of unsweetened apple, pineapple, and white grape juice are also good for filling over solid fruit pieces. Adjust headspaces and lids and use the processing recommendations given for regular fruits. Add sugar substitutes, if desired, when serving.

CANNING WITHOUT SALT (REDUCED SODIUM)

To can tomatoes, vegetables, meats, poultry, and seafood, follow the normal procedures for canning, but omit the salt. In these products, salt seasons the food but is not necessary to ensure its safety. Add salt substitutes, if desired, when serving.

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