



EVERY DAY BEGINS WITH A SIP.

Sip Smarter.



## #BeginWithJuice Recipe Contest Highlights Healthy Dishes Made with 100% Juice by RDs

Juice Products Association (JPA) hosted a recipe contest at the beginning of 2021 in which RDs and health professionals were asked to create unique, delicious, and healthy recipes that incorporated 100% fruit juice as an ingredient. The recipes were taste-tested and judged and a winner and runner up were crowned. Congratulations to the winner, Diane Boyd, whose Pomegranate Vegetable Soup with Lentils had the perfect combination of flavors, all pulled together by 100% pomegranate juice. Similarly impressed by Brynne McDowell's Baked Salmon with Pineapple, Garlic, and Herb Sauce, JPA named her as the runner up.

[Read the Sip Smarter blog](#)



## Celebrate National Nutrition Month with a Balanced, Healthy Diet all Year Long

National Nutrition Month takes place every March, but even as the month comes to an end, it doesn't mean focus on nutrition should stop. This celebration of food, beverages, and nutrition was created by the Academy of Nutrition and Dietetics to promote the importance of making informed food choices and practicing healthy habits. One way to do just that is by incorporating a balanced, nutrient-dense diet into your day-to-day life. The guide linked below offers tips to building a balanced diet, starting with understanding nutrition labels and packing in foods and beverages, like 100% juice, that offer vitamins, minerals, and other nutrients that keep our bodies strong and healthy.

[Read More](#)



### Pomegranate Vegetable Soup with Lentils

Check out this recipe from Diane Boyd, the winner of our #BeginWithJuice recipe contest. It's the perfect go-to for this early spring season, has plenty of healthy ingredients, and tastes great with the help of 100% pomegranate juice.

[Read More](#)



### Salmon with Pineapple, Garlic, and Herb Sauce

This baked salmon recipe from the #BeginWithJuice contest runner-up, Brynne McDowell, is one the whole family will love. It only takes 5 ingredients and the marinade for the salmon includes the flavors of 100% pineapple juice, parsley, garlic, and pepper.

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