



EVERY DAY BEGINS WITH A SIP.
Sip Smarter.

In this monthly SipSmarter newsletter, we will be sharing our re-designed SipSmarter site and many more exciting juice updates! Want to keep up with the latest juice news? Keep reading to find out!



Updated SipSmarter Site!

Dedicated to educating dietitians and other health professionals about juice, the site delivers science-backed health information, and research on the nutritional benefits of 100% juice and different juice varieties in a new easy-to-navigate manner. Among the many website's features is a collection of more than 60 easy and healthy recipes that inspire you to think beyond the glass to use juice in low-fat marinades, flavorful salads, entrees and more. Seasonal recipes will be added throughout the year. Sip Smarter provides a wealth of information for policy influencers and health professionals including an extensive library of the latest peer-reviewed research on juice, and a Registered Dietitian toolkit.

[Explore the Updated Site!](#)

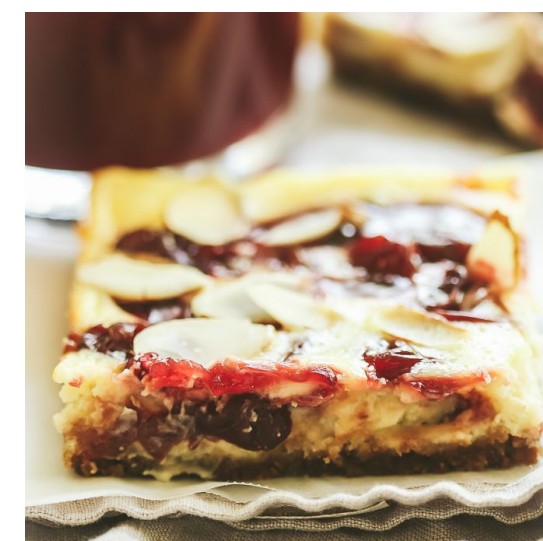


FNCE 2022 FDOC Presentation

The Florida Department of Citrus (FDOC) presented at FNCE 2022 in Orlando, Florida which took place October 8-11, 2022. Dr. Mario G. Ferruzzi presented research detailing the importance of 100% juice in a healthy diet and its similarity to fruit.

[Learn More](#)

Thanksgiving Recipes Using 100% Fruit Juice



Cherry Cheesecake Bars
Not everyone may like a traditional Thanksgiving pie or want a full serving of dessert. Having a fun, light, and snackable dessert on hand, like these Cherry Cheesecake Bars is essential.

[Find the Recipe](#)

Roasted Beets in Cranberry Juice:

Our Roasted Beets combine the power of juice and veggies all in one dish. This easy side dish will make a great addition to the day!



[Find the Recipe](#)



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