



July JSY Newsletter



This July, the JSY newsletter turns up the flavor while turning down the salt. As grilling season hits its peak, JSY Nutrition Educators Lily and Claudia share smart, simple tips for creating bold, fresh meals that are naturally low in sodium. One of the easiest ways to keep your grilling heart-healthy? Skip the salty bottled sauces and try salt-free marinades made with real ingredients you may already have at home.

The featured Lemon Herb Marinade is a perfect example of how to build flavor without salt. Combining olive oil, lemon juice, garlic, herbs, and a hint of spice, this versatile marinade brings a fresh, bold boost to vegetables, chicken, tofu, or fish. It's quick to make and adds a zesty twist to any summer meal—no processed ingredients or extra sodium needed.

Salt-free marinades let the natural flavors of your food shine. Citrus juices and vinegars bring tang and balance, while herbs and spices like oregano, thyme, smoked paprika, and black pepper create a rich, aromatic base. Marinating helps tenderize proteins and infuse vegetables with flavor, making your grilled dishes more satisfying without relying on added salt.

Plus, salt-free doesn't mean bland. After grilling, try topping your food with vibrant extras like fruit salsa, herb pesto, or a homemade chutney. Grilling more vegetables—like zucchini, corn, mushrooms, or eggplant—naturally keeps sodium low while packing your plate with a variety of flavor, color, fiber, and nutrients.

Download the full July newsletter for the Lemon Herb Marinade recipe, low-sodium grilling tips, and ideas for bold, satisfying meals that are perfect for summer. With a few easy swaps, you can enjoy all the flavor of grilling season without the salt!

Get the newsletter as a PDF