

‘Soup-er’ News About Soup!

When you think of healthy food, the first thing that comes to mind is probably fruit, salad or big leafy greens. But what about soup? Soup is a great choice for a cold day, and now new research finds that it’s also a great choice for health-conscious individuals.

According to one study, people who eat more soup tend to have a lower body weight and slimmer waistline and eat fewer total calories than non-soup eaters. One reason is that many soups are packed full of water and fiber, two things that help you feel fuller with fewer calories. And soups tend to include a hefty portion of veggies, which are rich in vitamins and minerals.

But there’s more than one way that soup works to help keep you healthy. When you’re sick, soup can loosen mucus and prevent you from getting dehydrated. Certain soups may have even more health benefits. For example, miso soup contains probiotics, which may help treat some digestive and skin conditions.

Soup isn’t just a guardian of health—it can be a money-saver, too. Simple recipes for veggie soup can

be made for about 50 cents a serving using items you probably already have on hand. If you feel like whipping up a hearty batch of healthy soup, here are a few things to keep in mind:

- **Don’t skimp on the veggies.** Whether it’s broccoli, beans, carrots or greens, veggies are a great addition to soup. In fact, you can swap 2 ounces of meat or 1 cup of noodles with 1 cup of chopped veggies to make a recipe even healthier.
- **Watch the salt.** Many store-bought soups contain as much as half of your total daily requirement of sodium. Opt for a low-sodium soup, or better yet, make your own to control just how much salt you use.
- **Cut the cream.** Creamy soups and bisques are tasty, but full of calories and fat. For a truly healthy option, choose soups made with vegetable, chicken or beef broth.

Sources include American Academy of Family Physicians, British Journal of Nutrition, Centers for Disease Control and Prevention, National Institutes of Health, and U.S. Department of Agriculture.

