

# ‘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.



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.