

# Make Soup!



People sip, slurp, and spoon soup not only for basic sustenance, but also to stay healthy. Chicken soup really *does* help relieve the nasal stuffiness of a cold. And studies show that soup can help you lose weight. Because soup is mostly liquid, it takes longer to eat than solid food. By the time you've sipped the last spoonful, your brain will have noticed that you've eaten, and shut off your appetite. If you'd quickly gobbled down a sandwich, your brain would still be asking "What's for lunch?"

## *Here are some tips for making soup that's a bowlful of nutrition.*

- Use skim milk instead of whole milk for creamed or condensed soups. You'll save calories and add calcium, vitamin D, and protein.
- Soups that feature vegetables, beans, or rice add fiber and nutrients to your diet.
- Add the liquid left over from cooking vegetables to soup stock.
- Season homemade soup with herbs and seasonings like parsley, pepper, garlic powder, and onion powder, instead of salt.
- If you rely on commercially prepared soup for convenience, try to stick with reduced or low-sodium ones.