

Winter Soups for the Soul

Studies have repeatedly shown that when diners consume a low-calorie vegetable-based soup before their main meal, they consume up to 20% less calories at a meal. The reason is simple. Basically the bulk of the soup helps to fill us up so we eat less.

Soups that have a base of leeks, onions and celery are also particularly high in the mineral potassium. As potassium helps to bind excess sodium, it helps to rid the body of excess fluid.

Soup can be a simple meal addition - a way to ensure that the family gets all of their vegetables and nutrition; a filling afternoon snack or an entire lunch or light evening meal.

Naturally, homemade soups are the best option. This way you can control the type and amounts of vegetables that you use to make your soup as well as choosing to use salt-reduced stocks and few other additives. If you must seek out a pre-made soup option, look for varieties that contain <20g total carbohydrates per serve and <800mg of sodium.

It fills you up to keep you slim - provides a variety of nutrients - feeds your soul - easy to make at home!

