

# Benefits of Soup

***Soup is an excellent choice if weight loss is one of your goals!***

In a year-long study of overweight people on a reduced-calorie diet, snacking on soup each day led to more weight loss than snacking on a calorie-equivalent amount of energy-dense snack foods.

Why? It is thought that although the soup and the high-energy snack had the same number of calories, the soup physically took up more space in people's stomachs. Thus, the soup eaters felt less hungry later and ate less over the course of the day.



Snacking on foods that have a low ratio of calories to mass -- such as air-popped popcorn, vegetable broth-based soups, and fresh produce -- may help you eat fewer calories overall and aid weight loss efforts.

When incorporating soup into your weight-reduction plan, steer clear of cream-based varieties, which are high in fat and calories. Instead, choose soups with:

- chicken broth
- vegetable broth
- tomato-based soups
- soups with vegetables
- soups with kidney beans
- soups with lentils
- soups with brown rice

In a study of overweight and obese people, those who ate two servings of low-energy dense soup per day as part of a reduced-calorie diet lost an average of almost 16 pounds over the year-long study period.

The people who ate two servings of high-energy dense snack foods per day lost an average of just over 10.5 pounds – 35% less than the soup-snacking group.