



If this cold weather is leaving you craving a warm soup, then go right ahead. Studies have shown that eating soup is associated with better diet quality, with soup eaters having lower intakes of fat and higher intakes of several vitamins.

Not surprising given that vegetables, the main ingredient in soups, are packed full of vitamins, minerals and anti-oxidants. Eating soup can also help manage body weight by controlling hunger, increasing satiety (ie keeping you feeling full) and reducing total kilojoule intake.

So whether it's potato & leek, tomato, pumpkin, lentil, broccoli, pea and ham or a hearty minestrone, chop up those vegetables and warm up with a big bowl of soup.

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