



### Soup!

As the days get colder, do you find that salads are no longer appetizing? Instead you crave hearty casseroles with mashed potato, creamy pastas and pudding? The problem with this is that many of these comforting winter foods are high in fat and low in fibre. So what's the winter alternative to a fresh light summer salad?..... soup!

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. Eating soup can also help manage body weight by controlling hunger, increasing satiety (i.e. keeping you feeling full) and satisfy that craving for a warm hearty meal. So whether it's potato & leek, tomato, pumpkin, lentil, pea and ham or a hearty minestrone, chop up those vegetables and warm up with a big bowl of soup.

***VIS Sports Dietitian, Kylie Andrew***