



Eat soup to satisfy

Healthy foods like vegetables and fruits have lots of nutrients and fewer calories. Eating a diet with plenty of vegetables and fruit can help you lose weight.

Soup is a comforting way to enjoy vegetables (and sometimes fruit) of the season. It's warm, easy to eat and may help you fill up. In fact, some evidence suggests that eating soup before a meal can help you eat less.

You'll need to make sure your soup is lower in calories if you want to lose weight. It helps to use lots of vegetables and some fruits, and avoid high-calorie ingredients like cream and sugar.