



Fielding the Word on Fit

[FOOD COURT]

Spoiling Broth?

Hidden sodium in soup can negate best components of nutrition



When the mercury starts to dip, there's nothing like a bowl of soup to heat the heart and warm the soul. The good nutritional news is that most soups that are broth-based will fill you up on few calories and fat. But consumers beware: Despite label claims of wholesomeness, just one can may pump

your body with a higher quantity of sodium than that which is recommended by doctors and other pros for optimal heart health.

Can you guess which soup is the most heart healthy, Progresso Vegetable Classics 99% Fat Free Minestrone or Campbell's Healthy Request Minestrone?

Verdict

After examining the nutrition labels of the cans termed "low fat" and "low sodium," we determined it's nearly impossible to find the most heart-healthy soup at a glance. To keep your blood pressure down, searching for—and making educated decisions based on—the amount of sodium listed per cup on the lower-calorie and reduced-fat soup options is certainly advisable.

Both the Progresso and Campbell's soups proved to be more healthy

overall than their traditional alternatives, but with 80 calories, 460 milligrams of sodium, .5 grams of fat and 3 grams of fiber per cup prepared, the Campbell's Healthy Request is a better choice for heart health than Progresso Minestrone's 100 calories, 1 gram of fat, 630 milligrams of sodium and 4 grams of fiber per cup. When seeking out other flavors, look for broth-based options that feature less than 150 calories, 4 grams of fat and 500 milligrams of sodium.

Christine H. Haas is a certified NASM personal trainer and a licensed nutritionist. Visit her website at www.nuweights.com.

My seven golfing buddies had their doubts about me fixing dinner. They were all too aware of my immersion in the Integrative Family Medicine Center's "5 Stones" program and knew I was serious about changing my lifestyle. So when sauteed dandelion greens showed up next to organic tenderloin, they laughed uncomfortably before taking the first nibbles on the flavorful, leafy vitamins.

To a man, they wanted seconds. It's been difficult to keep myself from proselytizing about watching how we eat and exercise these past few months because I'm seeing some dynamic changes firsthand and want to spread the word so others can benefit. But I've managed to keep my enthusiasm in check by making my mark subtly, like by having loved ones experiment with new foods.—BM

Find the details—and the recipe for those greens—online at www.NorthernVirginiaMagazine.com/bodyblog.



JONATHAN TIMMES (BUZZ); COURTESY OF CAMPBELL SOUP COMPANY; COURTESY OF PROGRESSO SOUP

For fat-free pointers on diet and exercise, log onto Christine's chat, "Well Bent," Thursdays at 2 p.m: www.northernvirginiamagazine.com/health_beauty/well_bent.html.