Soup is my favorite meal during the winter season, but with so many choices at the grocery store, I don’t know how to make the healthiest choice. Can you help me make the healthiest decision?

Winter months can cause many people to reach for a hearty soup to warm them up. Soups are a great way to include fiber in your diet, as well as many vitamins and important nutrients. These few simple tips will help make choosing the right soup easy.

• Choose broth-based over cream-based soups, because they tend to be lower in fat and cholesterol.

• Concentrated soups that require you to add water are usually higher in sodium than those that are ready to eat.

• If a recipe calls for a condensed soup, use a reduced sodium version for a healthier alternative.

The American Heart Association has guidelines for a healthy diet. Your decision will be much easier if you can take a minute to read the nutrition label and choose soups that meet the following criteria:

Fat: less than 3 grams per serving
Saturated fat: 1 gram or less per serving

Cholesterol: 20 milligrams or less per serving
Sodium: 480 milligrams or less per serving
Fiber: 3 grams or more per serving will help to lower your risk of heart disease by reducing cholesterol

Are you in the mood to cook? Try the homemade, heart-healthy soup recipe above.

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