

Bottom Line health

WELLNESS STRATEGIES FROM THE WORLD'S LEADING MEDICAL EXPERTS

How to Reset
Your Body Clock
When the Clocks Change... P. 13



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Nutritionist's Picks...



Healthful Soups

Starting a meal with soup—even a prepared soup from the grocery store—can be a great way to boost nutrition. But not all supermarket soups are healthful. *What to look for (per one-cup serving)...*

■ **Pay attention to calories.** Aim for 150 calories or fewer.

■ **Limit fats.** Don't exceed 5 g of total fat, 2 g of saturated fat and no trans fat.

■ **Look for fiber.** Choose a soup that contains at least 3 g of fiber.

■ **Avoid excess sodium.** Limit sodium to 400 mg or less.

■ **Opt for vegetable soups.** Bean (black), legume (lentil) and pea soups, in particular, are excellent sources of protein.

My three favorite prepared soups...

Tabatchnick VEGETABLE SOUP

Per serving (one pouch is approximately one cup): 90 calories...1.5 g fat...0 g saturated fat...0 g trans fat...4 g fiber...350 mg sodium.

Amy's Light in Sodium Organic Soups

LENTIL VEGETABLE SOUP

Per serving (one can equals one cup): 150 calories...4 g fat...0.5 g saturated fat...0 g trans fat...6 g fiber...340 mg sodium.

Health Valley BLACK BEAN AND VEGETABLE SOUP (FAT FREE)

Per serving (one can equals one cup): 120 calories...0 g fat...0 g saturated fat...0 g trans fat...8 g fiber...390 mg sodium.

Lisa R. Young, PhD, RD, is a nutritionist in private practice and an adjunct professor of nutrition at New York University, both in New York City. She is the author of *The Portion Teller Plan: The No-Diet Reality Guide to Eating, Cheating and Losing Weight Permanently* (Morgan Road).