

“Souper” Tips For Calorie Control

(NAPS)—If you’re counting calories, you’re not alone. About one third of women and a quarter of men in this country are on diets and soup may be the ‘secret weapon’ they need for calorie control. Barbara Rolls, Ph.D., Professor of Nutrition at The Pennsylvania State University, and a 20-year veteran in nutrition research and weight maintenance strategies, has suggestions for people who want to cut calories in a safe and effective way. In her popular book, *The Volumetrics Weight-Control Plan: Feel Full on Fewer Calories*, Dr. Rolls shows that soup helps people satisfy hunger while eating fewer calories. In fact, she’s found that people who eat soup on a given day consume on average 100 fewer calories during the day.

- **Try soup as an afternoon snack**—When hunger hits at the end of the day, soup’s a great way to hold you over until dinner. Keep a few microwave soup cups in your office to curb your late day cravings.

- **Soup to the rescue**—When you’re feeling hungry, go for a broth-based soup in classic varieties like Vegetarian Vegetable, Chicken Noodle or Tomato. Each serving has fewer than 100 calories and 3 grams of fat or less per serving.

- **Start with soup**—When eat-



ing out, choose soup as a starter. You may find yourself asking the waiter to wrap up part of your entrée, to enjoy the following day.

- **Soup up your meal**—Consider hearty soup varieties with lots of vegetables, rice, lean meats or pasta as an entrée. You might also add vegetables, leftover cooked rice, lean meat or beans to prepared soups to enjoy even heartier servings.

- **Look “souper” for the formal**—Try a satisfying bowl of soup as you get ready for an evening out so you aren’t tempted to sample everything on the buffet table once you get there.

Look for more information on soup and calorie control as well as an excerpt from Dr. Rolls’ book on www.campbellsoup.com/eatsmart.