

Let's Get Souping!



Did you know?

Souping is the new juicing! Souping has become increasingly popular and has surpassed juicing. Here are several reasons why:

- Juicing increases hunger because you are not chewing anything
- Too much fruit in the juice can cause hyperglycemia or high blood sugar

Why souping is better

- Contains higher fiber than juice
- Eating the whole fruit or vegetable, including the peel and seeds, provides more health benefits
- Contains more vegetables than most juices
- Can contain healthful whole grains
- Involves some chewing, is thicker, and is often served warm, which makes you feel more satisfied
- Contains herbs and spices, which add health benefits
- Cheaper, if you make it yourself

For more information on how to cook healthy and nutritious soups, speak with your dietitian or healthcare team.



Source: Healthy Women, www.healthywomen.org/content/article/souping-what-you-need-know-about-new-diet

The contents provided are for informational purposes only and not intended to be a substitute for professional medical advice, diagnosis, or treatment. Please consult with your physician or other qualified health provider prior to changing your diet, starting an exercise regimen, or with any questions that you may have about your health or medical condition.



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