

A Soup-er Best Life Diet Lunch

(NAPSA)—Soup-ing up a meal could lead to less calorie intake. Sound too good to be true? “Actually, it’s scientifically proven,” says Bob Greene, the personal trainer best known for helping Oprah achieve her dramatic weight loss.

Greene recommends soup in his book “The Best Life Diet” because it’s water-rich and can help you feel full at a low-calorie cost.

“Water-rich foods let you eat larger portions while keeping your calorie intake in check, which makes soup an ideal choice for anyone trying to lose weight or eat nutritious foods,” says Greene. “Soup’s also a comfort food that helps you savor your mealtime.”

To make it easier for people to make better food choices, Greene created the Best Life seal of approval for nutritious foods at the grocery store. More than 40 varieties of Progresso Soups carry the Best Life seal, including favorites such as Chicken Noodle and Minestrone, and 25 of the varieties are 100 calories or less per cup.

“Progresso Soups carry the Best Life seal because they are tasty, packed with vegetables and come in reduced sodium varieties,” says Greene. “The availability of delicious soups in cans makes soup a convenient option for the start of a meal or as the meal itself.”

As part of his Best Life approach, Greene insists on three



meals a day. He says skipping a meal may give dieters a false sense of victory when they’re really only delaying hunger and setting themselves up for poor food choices and increased calorie intake.

While it may seem difficult to pause for three healthy meals every day, particularly lunchtime when the day is busy and less healthy choices abound, nutritious canned soups make an ideal lunch choice. Soup can also be an easy and enjoyable way to help meet daily requirements for vegetable and fiber intake.

Supplement your soup with these nutritious options, and you’ll have a lunch that will keep you satisfied for hours:

- Piece of fruit
- Whole wheat pita with reduced-fat cheese
- Low-fat yogurt.

For more Best Life Diet-approved meal ideas and tips, visit www.Eatbetteramerica.com/BestLife.