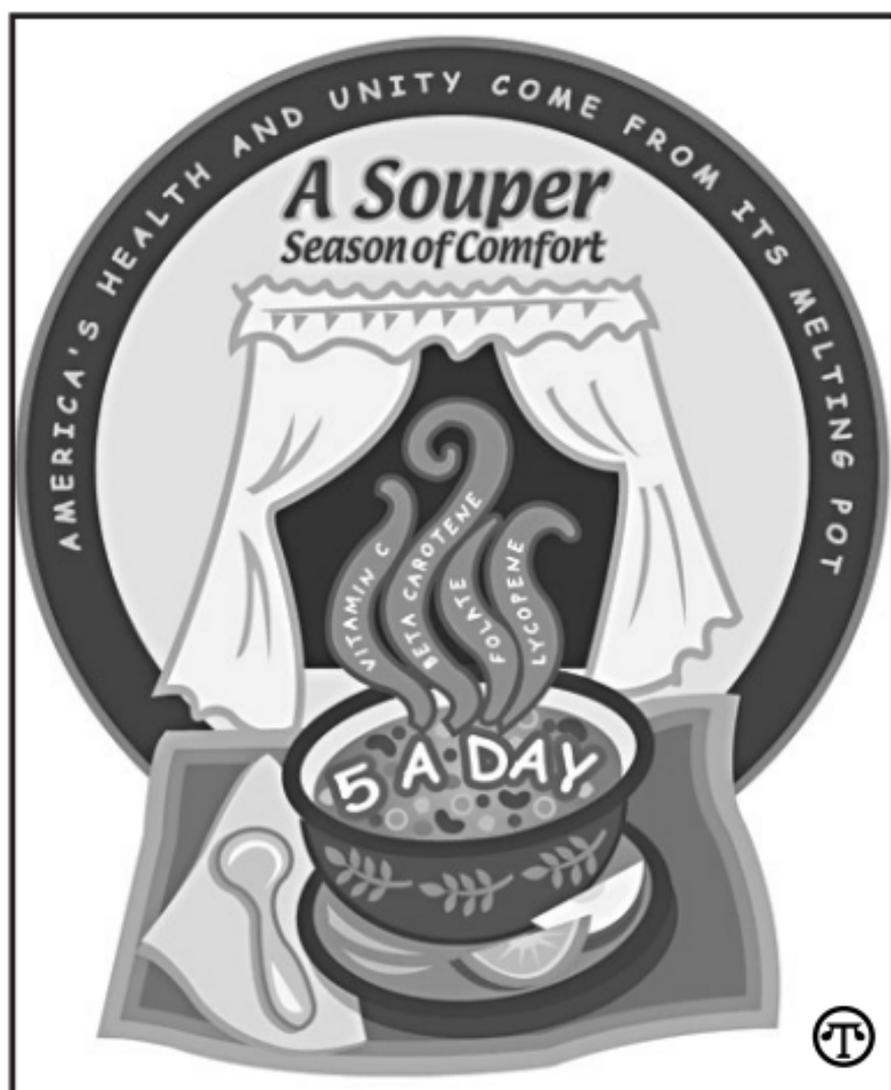


Delightful Food Ideas

A Souper Season of Comfort

(NAPSA)—This season, Americans can find the ultimate comfort food in soups. A simmering pot of vegetables and fruits adds warmth and good health to help soothe and cheer.



Much of America's health and unity comes from its Melting Pot.

"There are few better ways to get a variety of fruits, vegetables, and all of their nutrients, in one meal," says Gloria Stables, director of the National Cancer Institute's 5 A Day program. "The added bonus is their ability to soothe body and soul with warmth and taste."

The 5 A Day program encourages Americans to get at least five daily servings of fruits and vegetables a day, whether they be fresh, frozen, canned, or dried. From leftover soups using holiday turkey, vegetables, and cranberries to hearty bowls of chili for football season, people will be able to increase their consumption of fruits and vegetables, while savoring the comfort and taste they crave from winter meals.

You can keep warm and stay healthy this season by trying new soups from 5 A Day that use a variety of fruits and vegetables, such as Gold Medal Curry Soup, or Family Gathering Gumbo. Discover a series of delicious soup recipes for your melting pot at 5aday.gov or 1-800-4CANCER.