

# Soup Up Your Best Life

(NAPSA)—A steaming bowl of hot soup not only adds warmth to the dinner table, but it also adds delicious taste and variety to a balanced diet.

Bob Greene, the personal trainer best known for helping Oprah achieve her dramatic weight loss, recommends soup in his book “The Best Life Diet.” According to Greene, soup supports weight loss and weight man-



agement because it's full of satisfying flavor and it's water-rich, which helps control hunger and lower calorie intake. Additionally, soup is an enjoyable way to help meet daily requirements of nutritious vegetables.

Many Progresso soups, including favorites such as Chicken Noodle and Minestrone, carry the Best Life seal of approval.

“Progresso Soups carry the Best Life seal because they are delicious, filled with vegetables, and 25 of the varieties are 100 calories or less,” said Greene. “My personal favorite is Lentil, but all the soups carrying the seal are a satisfying option for anyone trying to lose weight or eat nutritious foods.”

Easy ways to incorporate soup into your diet include:

- Choosing soup as a main dish for lunch;
- Starting a meal with soup to help you feel full on fewer calories;
- Stocking up on soups, so that a nutritious option is available when you're short on time.

For Best Life Diet-approved meal ideas and tips, visit [www.eatbetteramerica.com/bestlife](http://www.eatbetteramerica.com/bestlife).