

Why Soup is AWESOME!!! Especially During Winter

Winter... you either love it or you hate it. Either way, it is upon us. But soup is here to save the day and to help you get through the next few months of cold weather. What is not to love about soup. It is warm, perfect for those chilly days. It comes in so many different flavours so you could never get bored of the taste. And it also packs some amazing health benefits, perfect for when you need your immune system working at it's best to fight off those pesky sniffles. So what are the health benefits and why is soup so amazing??? Well let me tell you...

Soups are often full of nutrient dense vegetables, packed with all kinds of vitamins and minerals. They can contain plenty of fibre, especially vegetable soups and lentil soups, which help keep you regular and maintain a healthy digestive system. And the vegetables are often cooked in the broth of the soup which helps preserve those all important nutrients during cooking.

Soups are also easy on the digestive system. They are liquid based which helps keep your body hydrated, but the vegetables and meats are also soft, making them easier to digest. The high water and fibre content also has a satiety affect, keeping you fuller for longer. Most soups are also low in fat which can be fantastic when trying to control calories.

For anyone who finds it hard to get enough veggies into their diets, soup could be the answer. You can use any combination of vegetable and the more variety you add, the more nutritious the soup. So go crazy with the veggies and get even the fussiest eaters enjoying some all important vegetables.

But why do soups help when you have a cold? Well the vapours from the hot soup as you eat it can help decongest a stuffy nose. The high liquid content helps you stay hydrated. It is easy to sip on and digest if you have a poor appetite. Plus all the nutrients help to boost your immunity and fight of the cold.

But wait, there's more... They are quick and easy to make. They are great for using up left over vegetables, proteins or legumes. And you can play with so many different flavour combinations using different broths, meats, vegetables, noodles or even rice. You can make it in bulk and store in the fridge for lunches for the week, or in the freezer for those nights you can't be bothered to cook. They are low energy density, high nutrient density foods, perfect for controlling calories.

So grab a bowl of soup this chilly winter to warm you from the inside out and reap all the amazing benefits it has to offer.