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Letters to the Editor [Dorothy Paulsen]

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Opinion

Soup is a healthy choice; chicken noodle soup really does help cure a cold

Soup is a healthy choice; chicken noodle soup really does help cure a cold.

When the temperature drops, it’s time to turn to the warmer weather meals. For winter soups, we strongly encourage using whole grains, produce, vegetables and lean meats. In addition, the broth or tomato based soup should contain no trans fats (1-2 grams per serving), and be low in saturated fat, and should be low in sodium, better yet with no added salt. If you prefer cream based soups over broth of tomato or vegetable based soup, you may need to check labels if you experience unpleasant reactions to the cream used. Many soups contain MSG (listed in the back somewhere) which is a food additive that can cause many people experience unpleasant reactions to its consumption. Check labels to ensure heartburn or indigestion after eating cannot soup.

If you prefer cream based soups over broth of tomato based soup, such as chowders and many premade soups, make them at home so you can control the ingredients. Many premade soups recipes call for the high fat ingredients, and they should be made from scratch.

Stock up on canned soups or freeze hormones for quick and easy meals. When the temperature drops and time seems to run short, turn to soup for light comfort food. Kids and adults will love this easy, comforting meal that your family can eat while you’re done working. Canned soups are an easy option for a meal on the go or while you’re done working. Canned soups are an easy option for a meal on the go or while you’re done working.

As a busy professional, you may not have the time to make a hearty, healthy meal after a long day at work. Soup is a healthy choice; chicken noodle soup really does help cure a cold.

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