

Words on Wellne

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

Three Reasons to Have Soup for Supper!

1. People who eat more soup usually have a healthier diet. An Iowa State University study found that soup-eaters consume less fat and more fiber and vitamins than nonsoup-eaters. This is probably because most soups contain a variety of vegetables.
2. Soup is filling. Because most soups are high in water and fiber, they help you feel fuller longer. For this reason, soup helps people maintain a healthy weight. To avoid excess calories, enjoy broth- or tomato-based soups, not soups with cream, cheese, or butter.
3. Soup is easy. It can be as simple as opening a can and turning on the microwave. Even canned soup can be a healthy meal, if it's low sodium. You can pep up the flavor of low-sodium canned soup with onion or garlic powder, oregano, basil, turmeric, or a dash of hot sauce. You can also add your favorite frozen vegetables.

For more reflections on soup and the joys of healthy foods, visit [Spend Smart. Eat Smart.](https://blogs.extension.iastate.edu/spendsmart/tag/soup/), blogs.extension.iastate.edu/spendsmart/tag/soup/.

Source:

Soup consumption is associated with a lower dietary energy density and a better diet quality in US adults. pubs.dr.iastate.edu/fshn_ag_pubs/120

Pasta Fagioli Soup

Serving Size: 1 1/2 cups | Serves: 5

Ingredients:

- 1/2 pound turkey sausage
- 1 tablespoon oil (canola or olive)
- 1 cup onion, diced
- 1 clove garlic, minced
- 2 cups water
- 2 cups reduced-sodium chicken broth
- 1 can (15.5 ounces) white beans (cannellini or great northern) (drained and rinsed)
- 1 can (14.5 ounces) diced tomatoes, low sodium
- 1/4 teaspoon ground black pepper
- 1 cup whole wheat pasta
- 1 cup fresh spinach (cut into bite-sized pieces)
- Shredded parmesan cheese

Directions:

1. Heat a large saucepan over medium heat. Cook sausage for 6 minutes. Drain grease from sausage. Remove sausage to a plate or bowl. Wipe the remaining grease out of the pan with a paper towel.
2. Add oil to the pan and heat over medium. Add onion and garlic. Sauté for 3 minutes.
3. Add water, broth, beans, tomatoes, and ground black pepper to the pan. Heat until boiling.
4. Add pasta, cook until tender (8–10 min).
5. Reduce heat to low. Add sausage and spinach. Simmer until spinach is wilted (about 3 minutes).
6. Serve with parmesan cheese, if desired.

Nutrition information per serving:

320 calories, 8g total fat, 1.5g saturated fat, 0g trans fat, 35mg cholesterol, 650mg sodium, 43g total carbohydrate, 8g fiber, 5g sugar, 21g protein

This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit spendsmart.extension.iastate.edu

Storing Soup Safely

To keep leftover soup safe, cool it quickly before putting it in the refrigerator. Place the soup pot in an “ice bath”—a sink filled with ice. Or stir ice cubes into the broth.

Never put a pot of soup directly into the refrigerator. Instead, pour the cooled soup into shallow containers, no more than two inches deep. Shallow containers ensure that foods will chill to 41 F or below in less than four hours. This will prevent bacterial growth. Store soup in the refrigerator for no more than 3–4 days before eating it or throwing it out. Be sure to reheat cold soup to 165 F or higher.

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To learn how to freeze your homemade soup to make it go farther, visit [AnswerLine blog](https://blogs.extension.iastate.edu/answerline/2016/10/24/successfully-freezing-homemade-soup/), blogs.extension.iastate.edu/answerline/2016/10/24/successfully-freezing-homemade-soup/.

Source:

[Serving Soup Safely](https://www.food.unl.edu/free-resources/newsletters/serving-soup-safely) [food.unl.edu/free-resources/newsletters/serving-soup-safely](https://www.food.unl.edu/free-resources/newsletters/serving-soup-safely)

Apps to Get You Back on Your Feet

If you sit more than 30 minutes at a time for more than six hours a day, you are at higher risk of death from all causes. Even an hour of physical activity daily cannot undo the damage caused by too much sitting.

You can lower your health risk by standing up for only a few minutes every half hour. One way to make sure you do this is to get a free reminder app for your laptop or smart phone. With a reminder app, you decide how often you want to take a break from work to stand, stretch, walk around, or do some aerobic or resistance exercises.

Visit [Whole Family Living](https://www.wholefamilyliving.com/apps-to-help-you-move-more-at-work/), www.wholefamilyliving.com/apps-to-help-you-move-more-at-work/, for a review of the many reminder apps available.

Source:

[National Center for Biotechnology Information](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3404815/) www.ncbi.nlm.nih.gov/pmc/articles/PMC3404815/