

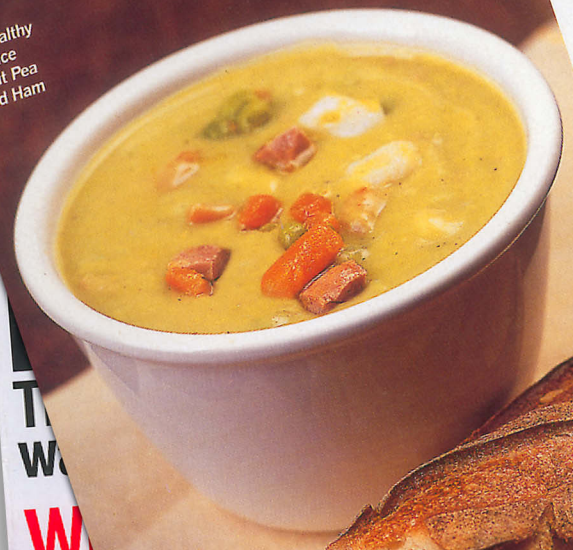
Here's what Julie has to say in Shape Magazine

Get a smaller waist (p. 66)

JOE WEIDER'S SHAPE

shopping smart

Healthy Choice Split Pea and Ham



# a soup-er lunch!

With lots of fiber and few calories, low-fat soup is the perfect middle-of-the-day meal.  
By Victoria Abbott Riccardi

### CAMPBELL'S SELECT

PRODUCT INFO	RATING	COMMENTS
1. Split Pea With Ham	Very Good	A loser for sodium but a winner for taste, with hunks of carrot, potato and ham, and a deep, voluptuous, smoky flavor.
1 cup		
• calories.....170		
• cholesterol (mg).....10		
• fiber (g).....6		
• sodium (mg).....860		
• total fat (g).....1.5		

### HEALTHY CHOICE

2. Minestrone	• Excellent	Sassy tomato broth with chunky vegetables, beans and ch...
1 cup		
• calories.....120		
• cholesterol (mg).....0		
• fiber (g).....4		
• sodium (mg).....480		
• total fat (g).....1		
3. Split Pea and Ham	• Excellent	Short of he... home to n... is the sou... for a hea... bowl of
1 cup		
• calories.....170		
• cholesterol (mg).....5		
• fiber (g).....5		
• sodium (mg).....480		
• total fat (g).....2		

### PRITIKIN

4. Lentil Soup Fat Free	Good	
1 cup		
• calories.....130		
• cholesterol (mg).....0		
• fiber (g).....6		
• sodium (mg).....290		
• total fat (g).....0		

**H**ungry, but too tired to cook? Open a can of hearty bean- or vegetable-based soup. Just heat it up and you'll be slurping down a warm, comforting meal in no time.

"These soups are great because they're quick, easy and filled with protein, fiber and cancer-fighting nutrients," says Julie Feldman, M.P.H., R.D., C.P.T., owner of Creative Nutrition & Wellness, a nutrition and exercise counseling service in Redondo Beach, Calif. "However, they can also be filled with sodium, and too much sodium in your diet may raise blood pressure and cause water retention. Aim for 2,500 milligrams per day.

For snacks or fast lunches, stash a few cans in your office drawer. For dinner, check out the "souper" meal ideas on page 94. Here are some of our best soup picks.

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