

Things I like to eat: Soups



I eat mostly soup that have a base of chicken broth. So the first question: Is chicken broth healthy? According to WebMed it is. Chicken broth is **rich with essential fatty acids and protein**. Both help your body build and repair healthy muscle, bone, skin, and blood cells. Chicken broth is also a rich source of minerals like iron says WebMed. According to Harvard Health Publishing there isn't a lot of research or evidence to back up the purported health benefits of bone broth. However, the anecdotal evidence is fairly compelling they suggest. When it comes to chicken broth benefits, the hot soup may ease your cold symptoms, but it's not a cure from what I read. However, broth may curb your appetite and assist with weight-loss according to livestrong.com. Studies show that daily calorie intake tends to be lower for people who eat soup (research, research 2). One observational study showed that people who regularly ate soup had lower body weight and waist circumference than people who didn't (research). Not all soups are healthy though, but when prepared with the right ingredients, soup can be a truly healthy dish with multiple nutritional benefits. Chicken and vegetable based broth soups are the healthiest especially when other healthy ingredients are added like brown rice, vegetables, beans, and chicken. Soups are very versatile where they can be made with almost anything you have available in your kitchen. I often used left overs. Watch out for those soups with thickening agents. Some of the most popular ingredients used to thicken soups include full fat milk, heavy cream, coconut cream, cornstarch, bread, cheese, egg yolks, and roux — a mixture of butter and flour. In small quantities, these ingredients can be part of a healthy lifestyle, but it's the amounts used in cream-based soups you need to be wary of according to healthline.com. Also you should reconsider instant and canned soups, which are often loaded with sodium. While adding salt is the most common way to improve a dish's taste, you can also rely on spices such as oregano, garlic, basil, or onion powders to upgrade your soup while keeping it on the healthier side according to healthline.com.