

## Fat Fighting Soups

Soup is a great weight-loss food because it is filling and satisfying. But the superstar soups in this collection contain ingredients known to help you feel more satiated, eat less, avoid blood sugar and insulin spikes, and burn more fat. Even better, these effects target belly fat first.

### **Tummy Trimming Soup #1: Classic Beef Barley** Carbs: 17g Fiber: 4g Protein: 24g

Barley is a wonderful whole grain substitute for rice or pasta, especially in soups and stews. Whole, hull-less barley has the best nutrient profile, but pearl barley (which is softer and less chewy) still has less of an impact on blood sugar than any other grain. Barley's fiber, protein, and low glycemic index all help stave off the accumulation of visceral fat (the dangerous fat surrounding your internal organs).

### **Tummy Trimming Soup #2: Leek & Chard Bisque** Carbs: 5g Fiber: 1g Protein: 6g

The tummy trimming ingredients in this soup are probably not the ones you would guess. The chard and leeks are diabetes superfoods, containing more nutrients and phytochemicals than many people get in an entire day. But it's the dairy fat and the vitamin D in milk, along with the protein power of the egg, that have the proven belly-fighting punch

### **Tummy Trimming Soup #3: 5-Spice Chicken Noodle Soup** Carbs: 7g Fiber: 1g Protein: 16g

Depending on the kind and the amount of noodle in your chicken noodle, this American favorite can be both low carb and slimming. In this recipe, the strong flavors of garlic, ginger, and 5-spice powder combine for a powerful effect that is believed to crank up metabolism. It's also thought that strong flavors like these may trick your body into feeling full sooner.

Here are some other great dLife takes on the classic:

Chicken and Ginger Noodle Soup  
Chicken Soup with Spinach and Wild Rice

### **Tummy Trimming Soup #4: Tortilla Soup** Carbs: 17g Fiber: 6g Protein: 6g

The belly blasting ingredients in this soup are beans, lime juice, and cayenne pepper. The beans, along with the veggies and low carb tortilla, provide fiber — the nutrient that makes you feel satiated and moderates blood sugar spikes. The lime's acid, too, acts as a spike stopper. Less spiking means less insulin, which means less fat storage around your middle. Finally, cayenne's active component — capsaicin — is thought to rev up your metabolism.

**(Next)**

## **Fat Fighting Soups, Continued**

Here's another great Mexican soup your taste buds (and your body) will love:

Avocado Chicken Soup

### **Tummy Trimming Soup #5: Low Carb Chili** Carbs: 6g Fiber: 2g Protein: 22g

You never thought of chili as a "diet" food before? Well, plenty of research has shown that a diet high in protein, including lean meat, can be a more effective approach to losing weight—particularly belly fat—than diets that are high in carbs. (There's also evidence that the saturated fat in meat may not be the dietary evil it has been thought to be.) This chili also delivers a host of health benefits from a variety of veggies and spices; plus, its low glycemic impact prevents the packing on of that abdominal fat, too.

### **Tummy Trimming Soup #6: Creamy Cauliflower and Garlic Soup** Carbs: 10g Fiber: 4g Protein: 7g

It's hard to go wrong with touches of butter, garlic, cream, and nutmeg. This soup combines those rich flavors with pureed cauliflower for a dish that is comforting, satisfying, and health promoting. Its tummy trimming powers come from the veggies' fiber and the cream's vitamin D and special dairy fat (conjugated linoleic acid). If you choose another vegetable and the nutmeg doesn't seem to go with it, try sage.

### **Tummy Trimming Soup #7: Artichoke & Hazelnut Soup** Carbs: 13g Fiber: 5g Protein: 6g

Artichokes are at the top of the fiber list, providing blood sugar moderation and satiety, both crucial to tummy trimming. In this elegant soup, that fiber is teamed up with monounsaturated fats from olive oil and hazelnuts, along with vitamin D and dairy fat from cream, all of which may increase abdominal fat loss and insulin sensitivity.

#### **SOURCES:**

Sibley, Shalamar. 2009. Sequestration of vitamin D in fat tissue is one likely contributing factor to low circulating concentrations of vitamin D in obese individuals. Paper presented at the annual meeting of The Endocrine Society, June 11, 2009, in Washington, D.C. Raff, Marianne, et al. 2009. Conjugated Linoleic Acids Reduce Body Fat in Healthy Postmenopausal Women. *Journal of Nutrition* vol. 139, No. 7, 1347-1352. Zemel, M B, et al. 2005. Dairy Augmentation of Total and Central Fat Loss in Obese Subjects. *International Journal of Obesity* 29, 391-397. Shai I., D. Schwartzfuchs, Y. Henkin, et al. 2008. Weight loss with a low-carbohydrate, Mediterranean, or low-fat diet. *New England Journal of Medicine* 359:229-241. Haines, Bill. 2004. Dairy's healthy fat: a fatty acid naturally present in cows milk is associated with many healthful benefits. *Dairy Foods*, December. 