

{ doctors on call }

Wondering about the latest fitness trend? Have a question about your child's—or your own—health? Our Better Homes and Gardens® new health advisory panel of doctors is ready to provide answers. E-mail your question to BHGfeatures@meredith.com. The doctors are in.

{ five to buy }

healthy, hearty soups

When chilly weather settles in, reach for a can or box of soup. Choose one of these for both flavor and nutrition. —EDIE SHAW-EWALD, R.D.



CAMPBELL'S V8
Taking an inspirational spin from the V8 line of juices, Campbell's has cooked up a line of veggie-laden soups. The V8 Garden Broccoli was our favorite.

AMY'S ORGANIC
The protein-packed Black Bean Vegetable provides 5 grams of fiber in a cup

to keep you feeling full long after you've finished eating.

DR. MCDUGALL'S RIGHT FOODS
Lots of protein, lots of fiber, and gluten-free, this was one of the best store-bought vegetable soups we tasted. There are six others in the line that are equally good to try out.

HEALTH VALLEY ORGANIC
With only a smidge of sodium—20 milligrams per cup—and plenty of lentils, this soup is a nutritional powerhouse. Boost the flavor with a sprinkling of cumin, hot sauce, or pepper.

CAMPBELL'S SELECT HARVEST
These soups are made with whole grains and are low in calories and unhealthy fats without tasting like it. Our pick was the Savory Chicken and Brown Rice. 🍲