



## Think Outside the Can

**20%**

Reduction in calories eaten in your main course when you have soup first

**FALL IS THE** perfect season for a hot bowl of soup. But 92% of the cans tested in a recent study had harmful bisphenol A, so we asked *Prevention* editors and readers to try more than a dozen soups in cartons (the linings are BPA free) to find the best-tasting, healthiest ones. The winners are on the next page. All four have filling fiber and protein, minimal fat, and no added sugar. Because soups tend to be salty, watch your total sodium intake (daily limit: 1,500 mg); **the tasty low-sodium pick** topping our list makes it easy! >>

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## We Ate 'Em, We Rate 'Em



### 1 Dr. McDougall's Light Sodium Lentil

*Prevention* testers didn't miss the salt in this delicious soup. The veggies provide 20% of vitamins A and C, and the lentils are packed with protein. *Per serving: 100 calories, 6 g protein, 18 g carb, 7 g fiber, 0.5 g fat, 0 g sat fat, 290 mg sodium*



### 2 Kettle Cuisine Chicken Soup with Rice Noodles

This classic comes in a microwaveable bowl and is ready in about 5 minutes. There isn't much fiber, but the chicken's protein left testers satisfied. *Per serving: 140 calories, 15 g protein, 12 g carb, 1 g fiber, 3 g fat, 0.5 g sat fat, 560 mg sodium*



### 3 Dr. McDougall's Black Bean

This hearty blend of black beans, vegetables, and organic brown rice kept testers full for hours. There's just the right amount of spice, and cilantro adds great flavor. *Per serving: 120 calories, 6 g protein, 23 g carb, 5 g fiber, 1 g fat, 0 g sat fat, 460 mg sodium*



### 4 Kettle Cuisine Three Bean Chili

If you like spicy foods, you'll love this thick chili. It's loaded with pinto, chili, and black beans, plus tomatoes, peppers, and onions, which boost the fiber count. *Per serving: 220 calories, 11 g protein, 36 g carb, 13 g fiber, 3.5 g fat, 1 g sat fat, 450 mg sodium*

## Cookware That Saves Calories



More flavorful meals with less fat and in less time—that's the promise of 360 Cookware. These pots and pans use vapor cooking, which captures your food's natural liquid as it vaporizes so **you don't need to add oil or butter.** The lid forms a seal so the contents cook from all sides, and layers of high-grade metals conduct heat so efficiently that your meal cooks much faster. But can food with no added fat taste good? *Prevention* testers found fish and chicken "amazingly good." Prices start at \$80 ([360cookware.com](http://360cookware.com)), but it's worth the splurge. —Brittany Risher

## 3 SWAPS FOR Healthier Comfort Food

When Rocco DiSpirito wanted to get in shape for his first triathlon, he had to revamp the way he prepared his go-to foods. Now, 4 years, 30 pounds, and eight races later, this superfit chef has tried-and-true secrets for cutting calories, sugar, bad fats, and empty carbs without sacrificing flavor. Here are three of his favorite health-boosting food swaps from his book *Now Eat This!* —Danielle Kosecki

### swap out CREAM swap in CORNSTARCH



“Adding a little cornstarch to a dish that normally requires cream can provide body and richness without adding a lick of fat. Recipe calls for heavy cream? Combine cornstarch with fat-free evaporated milk.”

### swap out POTATOES swap in CAULIFLOWER



“This unassuming veggie tastes great and mirrors the texture of potatoes but contains 53 fewer calories per ½ cup.”

### swap out BUTTER swap in 0% GREEK YOGURT



“This naturally thick, creamy yogurt has a nice dairy tang to it and can replace butter almost one to one in most recipes.” And using nonfat saves you about 750 calories and 58 g of saturated fat per ½ cup.



## Beef without Grief

**Red meat lovers, rejoice**—a twice-weekly steak dinner won't cause a heart attack. But keep careful tabs on your intake of bacon, sausage, and processed red meats. In a Harvard School of Public Health review, the risk of developing heart disease was 42% higher for every 1.8 ounces of processed meat eaten daily—that's about two slices of deli meat or a hot dog. Processed red meat can contain 4 times as much sodium and twice as many nitrates as unprocessed, contributing to high blood pressure and atherosclerosis. Researchers say to limit your intake of processed meat to one serving weekly. —BR

### [REALITY CHECK]

# 839

Calories in what's perceived to be the “ideal” portion of home-baked oven fries

SOURCE: APPETITE