



NEWS RELEASE

Defense Commissary Agency

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Wash away holiday pounds with low-calorie soups

*By Kay Blakley,
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FORT LEE, Va. – If your pants seem to have shrunk over the past couple of months, and you’ve jotted a note to yourself to check the heat settings on your water heater and clothes dryer, try stepping on the bathroom scales instead. It’s true – most of us pack on a few extra pounds over the holiday season.

Just how much weight the average person gains is still up for debate, with estimates ranging from about half a pound all the way to 10. But really, whether or not you fit the “average” is of no significance – shedding whatever you gained before it has a chance to form a permanent attachment to your waistline is what counts.

If you like soup, be sure to work it into your meal plan often. Studies conducted at Penn State University and elsewhere demonstrated that people who regularly ate broth-based soup felt more satisfied, less hungry, and consumed fewer calories from other foods throughout the day.

The studies also concluded that broth-based soups were preferable to those based on cream or a starchy puree, and that chunky soups were more satisfying than strained soups. Use soup as a first course to help you eat less overall or add a reasonable amount of protein to the soup and enjoy as a main course, but don’t even think about living on soup alone. According to the study’s primary researcher, “Soup-only diets don’t work. But soup does.”

Come to Kay’s Kitchen at <http://www.commissaries.com> and give one of our featured soup recipes a try. They’re all easy to make, and low in calories, but high in good nutrition and great taste. All the necessary ingredients are ready and waiting for you at your local commissary.

- DeCA-

About DeCA: *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth about \$3,300 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America’s military and their families, and help recruit and retain the best and brightest men and women to serve their country.*