

JOEL FUHRMAN, MD

## Soups — essential for a high-nutrient diet

Soups, along with salads, are an essential part of a high-nutrient (Nutritarian) diet, and for good reason. Vegetable and bean soups and stews are nutrient-rich, flavorful and easy to prepare. They can be served as a complement to a meal or as the centerpiece. Soups can easily be cooked in bulk to provide several days' worth of leftovers, convenient to have on hand at home or to take along to work or school.

Soups and stews are warming, satisfying and can widen your nutrient diversity. They can be made from a variety of fresh, frozen or even leftover ingredients and allow for experimentation in a pot, pressure cooker, slow cooker or even right in a Vitamix or other high-powered blender.

Since soups are gently cooked with a liquid base, nutrients are retained and some are made more absorbable. Many nutrients, like niacin, folate, and a range of minerals, are water soluble.

Normally, with water-based cooking, like boiling, water-soluble nutrients are leached into the cooking water and discarded. However, with soups, the liquid and the water-soluble nutrients are retained and consumed.

Cooking soup heats, moisturizes and softens vegetables and beans, which dramatically increases the potential digestibility and absorption of the nutritious compounds contained within them.

Recent studies confirm that the body absorbs more of the beneficial anti-cancer compounds, carotenoids in particular, especially lutein and lycopene, from cooked vegetables as compared to raw vegetables.

Additionally, cooking vegetables in soups breaks down

the cellulose within them and alters the plants' cell structures, which facilitates digestion. This way of cooking also prevents foods from browning and forming toxic compounds, like acrylamide, which is formed in dry, high-temperature cooking, like baking, frying, and grilling, and is a potential carcinogen or cancer-causing agent.

For superior nutrition, become an expert at making great soups. Make your soups with some of the G-BOMBS, like greens, beans, onions and mushrooms, which are some of the most nutritious foods on the planet and combine so well in a big pot for a super nutritious and savory meal.

Start your soups with a base of water and fresh vegetable juice, like carrot, celery or tomato juice or a no-salt-added vegetable broth, with less than 200 mg of sodium per cup.

Next, add some dry beans, as they take the longest to cook. Then, add some onions, leeks or other members of the Allium family, leafy green vegetables, other vegetables that you have on hand, and some herbs, spices or fruits like parsley, black pepper or lemon.

See the "Eat to Live Cookbook" for a full list of soup and stew "mix and match" ingredients and recipes. Be sure to include some cruciferous vegetables into the mix, such as kale, bok choy or cabbage.

Chop or blend most of the vegetables before adding them to the pot to form organosulfur compounds in the onions and isothiocyanates in the cruciferous vegetables, which are very important disease-fighting phytochemicals.

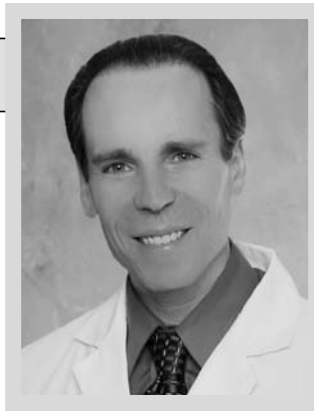
Read more about organosulfur compounds and ITCs in chapter four of "The End of Dieting."

To make a creamier soup and add another layer of flavor blend some nuts into the soup.

Cook a large pot of soup at least once a week and store leftovers in individual containers, in the refrigerator for five days or longer in the freezer.

Be wary of commercially-available canned soups as they are often high in sodium.

Quick, hot, tasty and nutrient dense-soups in all of their varieties are a great way to experience the pleasures of the Nutritarian diet.



Dr. Fuhrman is a New York Times best-selling author and board certified family physician specializing in lifestyle and nutritional medicine.

Visit his website at [DrFuhrman.com](http://DrFuhrman.com), or submit questions and comments to [newsquestions@drfuhrman.com](mailto:newsquestions@drfuhrman.com).

## Mapleton Grange Spring Renewal for women May 9

A full-day women's wellness retreat is being offered on May 9, from 9 a.m. to 5 p.m., at the Mapleton Grange.

Participation based on interest and comfort level will include both morning and afternoon movement (yoga stretching, Vinyasa Yoga, yoga dance and Zumba), healthy food preparation, lunch, nature or wild-crafting walk, restorative postures and self-expression through art.

Practice and learn more about personal wellness and

connect with a community of residents and experts with similar goals.

Ticket sales will start in May. Pre-registration ensures your choice of activity levels.

This is a fundraiser for the Mapleton Grange. Tickets, which are \$65, or \$50 for seniors, includes access to a full day of programs as well as lunch. Mapleton Grange members will receive 50 percent off of the ticket price.

For more information email [livingwellness@gmail.com](mailto:livingwellness@gmail.com).

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