

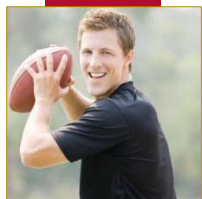
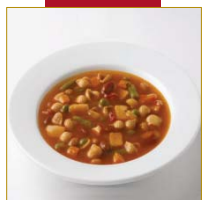


HELPFUL TIPS FOR BETTER EATING

Registered dietitian Leslie Bonci M.P.H., R.D., the sports nutritionist for the Pittsburgh Steelers and the Pirates, always has soup on her “training table.” Share her tips for better eating and exercise to show your readers why soup should be on their table, too.



- **START WITH BREAKFAST:** Rev up your body with a breakfast that includes fiber and protein-- nutrients that will keep the hunger pangs away. A slice of Pepperidge Farm® bread with a tablespoon or two of peanut butter and a glass of milk is a good choice.
- **MAKE IT EASY:** Pack your own meals and snacks so you can easily avoid tempting foods outside of the home. A thermos full of soup is easy to carry and satisfying.
- **VOLUMIZE IT:** Foods that offer more nutrients in fewer calories are the best for healthy weight management. Campbell's® Chunky™ Grilled Sirloin Steak with Hearty Vegetables Soup fills you up, not out. Consider pairing soup with a salad for maximum “volume” impact.
- **BUILD MUSCLE:** Look for protein-rich foods such as nuts, beans or lean meats. Along with exercise, protein is key in building muscle, which revs up metabolism.
- **DRINK UP:** Drink low-calorie liquids for hydration such as water, unsweetened tea or coffee. In order to sneak in a few more vegetables, consider a Campbell's® V8®.
- **GET YOUR ZZZs:** Be sure to get enough sleep each night to improve eating habits and concentration. Often, people make poor food choices and overeat simply because of fatigue. Ideally, aim for 7-8 hours on most nights.
- **MOVE MORE:** Make physical activity a regular part of your life. It'll build more lean muscle, which can boost your metabolism and burn more calories. Every little bit counts so start taking the stairs, walking a few blocks at lunchtime, or getting up from your desk every hour.
- **MAKE FAMILY TIME:** Make cooking a regular event in the home. Find a recipe that sounds good, and enlist the whole family to help in the purchasing, preparation and eating of the meal. This is the time to relax and reconnect.
- **SAVE DOLLARS:** With the cost of food in mind, stretch your dollar by making meals at home or repurposing leftovers into brand new meals. Eating at home helps with portion control, too.



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