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Curl up with a tasty bowl to give yourself a little TLC, and nourish
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Stunning photos of every soup. Meat, chicken, fish & vegetarian options. Values for carbs, calories, protein, fat, saturated fat, fibre, and 5-a-day fruit and veg. 275 photos of ingredients to inspire you to create your own soup recipes. An introduction section explaining the health benefits of soups.

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Grab a bowl of comfy, cozy soup without the guilt! Each of these low-calorie soup recipes come in at 200 calories or less per serving. Beat the winter blues while staying on track.

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Soups are a great speedy lunch in the colder months and if you make the right healthy soup choices, they can be great for dieters too! We've rounded up the best and worst soups for your diet.

~~Healthy soups: The best and worst for your diet | GoodtoKnow~~

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of food portions, with the nutritional info shown for each photo. Check out our bestselling books & award-winning app. We make carb & calorie counting easy to understand and accessible to everyone.

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Tuck into a filling soup under 200 calories. This vegetarian soup is packed with vegetables and lentils - it's healthy, low fat and full of flavour.

~~Low-calorie soup recipes — BBC Good Food~~

So, get your shopping list ready with ingredients for these soups. Healthy Cream of Cauliflower Soup. Warm up a chilly night with this creamy soup that won't weigh you down. Because the recipe calls for fat-free evaporated milk, you get all the richness without the calories or carbohydrates.

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Calories: 142. This cozy, warm soup with this creamy cauliflower soup is low calories and loaded with veggies. This smooth, creamy and delicious soup is a perfect addition to any meal, or can be enjoyed alone, and made ahead of time! 10. HEALTHY MUSHROOM SOUP by The Clever Meal. Calories: 213 (I know, I said max 200 calories, but this is so good!)

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