Healthy Soup Recipes

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How to Make Nourishing Soups For Osteoporosis

Osteoporosis is a disorder of the bones that is the result of a nutritional deficiency of many vitamins and minerals. Thus, you're going to have to eat foods that have nutrients that are easily accessible to assist in the bone building process. Soup is one of them.

Now first of all, think of how easy it is to eat soup. You can make a chunky beef vegetable rice soup recipe and then eat it as is with all the chunks in it. Or you can take that chunky soup and blend it when it's cool, and make it into more of a liquid. The liquid soup may be easier to consume before meals, or may make a great snack at work in the middle of the day.

Creating Soup Recipes

You don't even need a big imagination when coming up with soup recipes. You could combine different vegetables together that you already know what they taste like, and if you imagine what they will taste like altogether – and it's a good flavor, then you can make soup. You can even decide what type of vegetables are good with different types of protein, and create another dozen of your own soup recipes.

Then you could take the list of both those soups – the vegetable soups and the protein-vegetable soups and now add spices and herbs to them to create another complete set of soups. Before you know it, you're writing your own cookbook.

The fact is that even if you're living alone, you can have soup every day of the week. The research studies on soup show that different types of soups have different nourishing properties based on the ingredients of the soup. If you make a gazpacho soup, you will raise your vitamin C levels. That's a good soup for your list when you have osteoporosis since bones need adequate vitamin C in order for bone metabolism to work properly.

What To Include In Your Soup

When you make your soups, the key point is to stuff them with a wide variety of vegetables. Vegetables are a lot easier to eat in a soup than they are in a salad, and when you blend the vegetable soup in a blender, you mingle all flavors so it makes it even easier yet to eat certain vegetables that you aren't fond of.

By incorporating a whole spectrum of vegetables in the soup, you are incorporating a whole spectrum of medicinal agents in your diet. At this date, no one knows what they all are responsible for in the body's physiological processes, but one thing is for certain: the greater the diversity of vegetables in your diet, the better your health.

Let's say you don't particularly care for onions and garlic. Your health shows that you don't like onions and garlic because you are constantly coming down with colds and the flu. When you put these vegetables in soup, you can

blend them so you don't have to look at them. You can add other flavors and make the other flavors more predominant so that the onions and garlic are subdued flavors. For example, adding turmeric to soup will mute out most onion flavors.

Or let's say you don't particularly care for sulfurous vegetables such as broccoli, cauliflower, brussel sprouts, turnips, rutabagas and garlic. Again, whatever you neglect to consume in your diet will cause the appearance of a health problem. The neglect of eating sulfurous vegetables will end up causing you to have weak bones, weak muscles and weak ligaments. The sulfur is important for the strength of these tissues.

Protein is another important component of soup. The chances of you having osteoporosis when you eat enough protein are lower than if you don't eat the protein foods; this is what I have seen in my career working with patients. Protein is imperative for the creation of all new tissue in the body. Thus, when you have osteoporosis, you must be eating generous amounts of protein. If you don't like the flavor, put them in the soups you make and blend those soups. Don't forget to add other herbs and spices and create a predominant flavor.

Make soup making a primary activity this winter. You can master it and even make it a social occasion. Be known for Wednesday's Soup at Dolly's... And build your bones along the way.