

BE HEALTHY FOR GOOD + **WITH LIFE'S SIMPLE 7**

Making small changes every day can add up to big improvements in your overall health. Life's Simple 7 outlines a few easy steps you can take to live a healthier lifestyle.

Two of these steps, Get Active and Eat Better, can help jump-start your whole health journey. Making choices that help you eat smart and move more can also help you lose weight, control cholesterol, manage blood pressure, reduce blood sugar and stop smoking.

TAKE THE CHALLENGE AT
HEART.ORG/MYLIFECHECK



Tomato and Roasted Red Bell Pepper Soup

SERVES 6 (SERVING SIZE 3/4 CUP)

Ingredients

- 14.5 oz. canned, no-salt-added, diced tomatoes (undrained)
- 1 3/4 cups fat-free, low-sodium chicken broth
- 1/2 cup chopped, roasted red bell peppers, drained if bottled
- 1 Tbsp. dried basil (crumbled)
- 1/2 tsp. dried oregano (crumbled)
- 1/8 tsp. crushed red pepper flakes (optional)
- 2 tsp. olive oil (extra virgin preferred)
- 1/4 tsp. sugar
- 1/8 tsp. salt
- 1/4 cup chopped, fresh parsley

Directions

- In a medium saucepan, stir together the tomatoes with liquid, broth, roasted peppers, basil, oregano, and red pepper flakes. Bring to a boil over high heat. Reduce the heat and simmer, covered, for 10 minutes. Remove from the heat. Stir in the oil, sugar, and salt. Serve sprinkled with the parsley.

Cooking Tip: Adding a small amount of sugar mellows the acidic taste of tomatoes.

Nutritional Facts

Calories	57	Cholesterol	0 mg
Total Fat	2.5 g	Sodium	127 mg
Saturated Fat	0.5 g	Total Carbohydrate	3 g
Trans Fat	0.0 g	Dietary Fiber	1 g
Polyunsaturated Fat	0.5 g	Sugars	4 g
Monounsaturated Fat	1.5 g	Protein	2 g

Dietary Exchanges: 1/2 fat, 1 vegetable