



## The Soup from Hell

### How Many Times Must We Learn Our Lesson?

You would think by this point in my life I would have a pretty good understanding of the nutrition content of my food. My awareness of food started young. My father was diabetic, so I started thinking early about sugars and what it can do to your body chemistry. My siblings are all athletic, so we have always shared knowledge and opinions about food. Lastly I married a girl that is just as crazy for being active and healthy as I am.

So with this background you would think I would have nutrition pretty well dialed in at this point. Apparently not.

The only person's food I can trust is my own.

Any time you walk into a restaurant you are looking for trouble. Last summer Brenda and I were on our way back from doing the Shenandoah 100 mile mountain bike race and needed food. She battled a bad headache during the race, but was feeling better by the next afternoon. I always pack a cooler with food for our trip, but we were on the final leg and heading home. So we stopped at a pizza buffet. Our plan was to grab a big salad and maybe a slice or two of pizza. I do not often eat pizza, but we had just finished a 100 mile mountain bike race...

Brenda tried a bowl of soup, and before she was finished had eaten 3 bowls of soup.

Within about 30 minutes Brenda had a full blown migraine headache. Brenda gets 3-4 migraines a year and these usually run 1-3 days. This one lasted over a week...a very miserable week. We can talk about all of the possible triggers of her migraines, but stress seems to be a common theme. The stress can be from work, sun, racing too hard, or anything else that is stressful. I am not going to say that the salt in the soup caused her migraine, but it is possible.

It is anyone's guess how much salt is in three bowls of soup at your local restaurant, but you can expect over 500 mgs of sodium per ½ cup. So Brenda's "3 bowls" of soup was probably 3 cups of soup and 3000 mgs of sodium. That is enough sodium to make your head pop.

It is unrealistic to say that we should not eat out every now and then, but we do need to be aware of what we are putting in our bodies.

Notice I did not even talk about the hidden fat and calories of restaurant food.

Moral of the story? Pack a cooler.