Phenomenal Pho - Health Benefits

A traditional soup in Vietnam. This popular dish has several health benefits: including reducing inflammation and promoting joint health. The rice noodles are gluten-free too!

Simple ingredients:

Rice noodles - or vermicelli

Bone broth (contains glucosamine, chondroitin, and collagen)

https://www.tasteofhome.com/article/how-to-make-bone-broth/

Cilantro, green onions or onion slices, bean sprouts

Add flavour with spices such as:

Cloves, star anise, cinnamon, and ginger

Or with sauces such as:

Hoisin, Chili, or Fish sauce

(For a lower sodium content, skip fish sauce)

Add protein:

Thin sliced cooked chicken (less saturated fat than beef)

Thin sliced cooked beef

Add additional vegetables:

Carrots, peas, broccoli

Resources used; read more about Pho and its health benefits:

https://www.healthline.com/nutrition/pho-soup#potential-downsides

https://www.realsimple.com/health/nutrition-diet/is-pho-healthy