



## Restaurant Guide

# Healthier Soup's on the Menu

There's nothing as comforting as a warm bowl of soup on a blustery day, especially when



Panera Vegetarian Creamy Tomato Soup

you dine out. But while warming up with a steaming bowl of soup, it's important to consider how good it is for your body, too. Restaurant soups are notoriously high in sodium—and, in fact, you'll find some options on our chart (not recommended!) that contain more than four days worth! While that's not the norm, you'll be hard-pressed to find a restaurant soup that could be considered low in sodium. Nevertheless, a steaming serving of soup at your favorite restaurant can fit into a balanced eating plan once in a while.

Creamy and cheesy soups aren't the best choices if you're concerned about saturated fat. Depending on the serving size, a portion of cream-based soup can contain about a day's worth of saturated fat. Clear, broth-based vegetable soups are usually a safer choice.

**Helpful Hints.** Keep the following in mind before you order your next bowl of soup:

- ▶ **Keep it Small.** If you have a choice, order the smallest size available. This will help keep the sodium content to a more reasonable level.
- ▶ **What's Inside.** Apart from concerns about sodium and fat, soups can be a great source of fiber and nutrients. Choose soups filled with beans, vegetables, and lean protein sources to maximize the nutritional benefits.
- ▶ **Round It Out.** Some soups are low in carbs, some in protein, and still others in veggies. Consider rounding out your meal by pairing soup with a salad, or half a sandwich with whole grain bread and lean protein, and fruit on the side to provide the nutrients you're missing.
- ▶ **Go Topless.** Skip these unnecessary extras: A sprinkle of cheese, bacon, tortilla strips, or pie-crust crumbles will increase the saturated fat and sodium content of your meal. **EN**

—Heidi McIndoo, MS, RD

## Restaurant Soups Nutritional Comparison

✓ = **EN's Picks.** As with all EN comparisons, this is only a sampling of products. Picks contain no more than 6 g saturated fat (30% DV) and no more than 850 mg sodium (37% DV).

RESTAURANT SOUPS (SMALLEST SIZE AVAILABLE)	Serving Size* (g)	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)
Applebee's Chicken Tortilla Soup	n/a	200	9	2.5	22	900	3	3	8
Applebee's Southwest Steak & Black Bean	n/a	180	6	2	18	1230	5	2	15
✓ Applebee's Tomato Basil	n/a	190	12	6	16	840	3	9	5
✓ Au Bon Pain 12 Veggies (small)	8 oz	120	4	0	18	600	2	7	3
✓ Au Bon Pain Black Bean (small)	8 oz	180	1	0	32	710	18	2	11
Au Bon Pain Broccoli Cheddar (small)	8 oz	220	16	7	13	690	2	4	7
✓ Au Bon Pain Chicken Noodle (small)	8 oz	80	2	0.5	10	690	1	2	5
✓ Au Bon Pain Corn Chowder (small)	8 oz	240	12	6	28	760	2	8	6
✓ Bob Evan's Chicken-N-Noodles	Cup**	95	1.5	0.5	13	310	1	2	7
✓ Bob Evan's Tomato Basil	Cup**	200	9	4	25	610	2	12	4
✓ Chili's Chicken Enchilada	Bowl**	220	14	4.5	13	830	1	2	11
Chili's Terlingua Chili	Cup**	230	15	7	8	650	1	3	14
Mimi's Cafe Sam Adams French Onion	Cup**	229	14	8	17	1097	2	6	9
Mimi's Cafe Corn Chowder	Cup**	270	16	9	27	771	2	7	5
✓ Old Country/Hometown Buffet Chicken Rice (1 ladle)	4 oz	60	1.5	0.5	2	300	0.5	1	6
✓ Old Country/Hometown Buffet Minestrone (1 ladle)	4 oz	60	1	0	11	367	1	1	3
Old Country/Hometown Buffet New England Clam Chowder (1 ladle)	4 oz	150	11	8	12	440	0.5	1	2
Olive Garden Chicken & Gnocchi	n/a	250	13	5	24	1420	1	4	10
✓ Olive Garden Pasta e Fagioli	n/a	180	6	2.5	21	620	4	7	9
Outback Steakhouse Baked Potato	Cup**	256	17	9	20	1135	2	3	6
Outback Steakhouse French Onion	n/a	417	29	14	21	2122	2	8	19
Panera Bistro French Onion	Cup**	200	11	5	21	1280	2	8	7
Panera Cream of Chicken & Wild Rice	Cup**	180	10	4.5	18	920	4	1	6
Panera Lowfat Chicken Noodle	Cup**	110	3	1	13	930	2	1	10
✓ Panera Lowfat Vegetarian Creamy Tomato	Cup**	200	9	4.5	25	640	3	11	4
Panera New England Clam Chowder	Cup**	340	28	17	19	910	1	2	5
✓ Panera Vegetarian Creamy Tomato	Cup**	220	14	5	22	590	2	9	3
Panera Vegetarian Summer Corn Chowder	Cup**	210	13	8	22	870	2	5	3
✓ P.F. Chang's Wonton	Cup**	110	3	0	11	560	0	4	10
P.F. Chang's Hot & Sour	Cup**	70	2	0.5	9	1440	1	2	4
TGI Friday's Tortilla	n/a	210	10	2	18	1500	0	n/a	14
TGI Friday's Turkey Kale	n/a	150	5	0	17	960	3	n/a	9
TGI Friday's White Cheddar Broccoli Cheese	n/a	280	20	11	18	1530	2	n/a	11
Zoup! Chicken Pot Pie	8 oz	210	9	5	20	1200	2	3	13
Zoup! Lemon Basil Chicken	8 oz	170	9	5	13	870	2	3	10
Zoup! Lobster Bisque	8 oz	310	22	13	14	900	0	6	11
✓ Zoup! North Indian Lentil	8 oz	190	6	1	28	640	7	5	8
Zoup! Pumpkin Pie Bisque	8 oz	270	16	10	33	380	1	23	3
✓ Zoup! Roast Garlic Chicken Kale	8 oz	45	1	0	9	850	2	2	7
✓ Zoup! Wild Mushroom Barley	8 oz	110	4	0	17	700	3	4	4

Note: g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, Daily requirement based on 2,000 calorie/day diet. Source: restaurant websites  
 \*Nutritional information is for smallest size available, as listed on the menu. Serving size information is listed as available; some restaurants do not provide serving size descriptions, such as overall size (small, medium, large, cup, bowl), weight (ounces), or measurement (cup). \*\*Information is based on container—not specific serving by weight or measurement. n/a=serving size information not available; based on the only serving size listed on menu.