



Shopper's Guide

The Best in the Spaghetti Sauce Aisle

Spaghetti and meatballs, lasagna, baked ziti...all classic comfort foods. But these days our hectic schedules don't often allow us the time to simmer a big pot of spaghetti sauce



The healthiest spaghetti sauces are lower in sodium and sugar.

on the stove to top that pasta. While most jarred pasta sauces can't beat that home-made goodness, many come close enough to make do when you're craving a little Italian flavor. But how can you choose the best jars in the spaghetti sauce aisle?

The two main ingredients of concern with prepared pasta sauces are sodium and sugar. Many food companies have done a good job at lowering high levels of both. However, some contain more than four teaspoons of sugar and one-third of a day's worth of sodium in just a half cup. There are some benefits to choosing tomato-based pasta sauce, as it is a great source of the phytonutrient lycopene. Lycopene has been associated with lower risks of certain cancers, heart disease, and age-related eye conditions.

Helpful Hints. Keep the following in mind when you're planning for comfort food via spaghetti sauce out of a jar.

- ▶ **Check Your Serving.** The serving size for pasta sauce is one-half cup. It's a decent amount, however it's easy to go overboard when serving. Be aware if you're dishing up more, you'll also be getting more calories, sodium, and sugar.
- ▶ **Doctor It Up.** You can easily boost the flavor and nutritional profile of your sauce. Try sautéing diced peppers and onions in the pot before adding the sauce, or add shredded carrots or zucchini as you heat it.
- ▶ **Fiber Boost.** Most prepared pasta sauces are moderately low in fiber. To make up for that, try serving it with whole grain pasta. **EN**

—Heidi McIndoo, MS, RD

Spaghetti Sauce Nutritional Comparison

✓ = **EN's Picks.** As with all EN comparisons, this is only a sampling of products. Picks contain no more than 2 g saturated fat (10% DV), 400 mg sodium (17% DV), and 6 g sugar*.

SPAGHETTI SAUCE (½ CUP)	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Fiber (g)	Sugar* (g)	Protein (g)
365 Organic Creamy Vodka	80	4.5	2	7	440	2	3	2
365 Organic Marinara	50	2	0	7	450	2	4	2
Barilla Tomato & Basil Tomato Sauce GF	60	1	0	13	420	3	7	2
Barilla Traditional Tomato Sauce GF	60	1	0	13	410	3	8	3
Bertolli Italian Sausage with Garlic & Romano	90	3	0.5	14	550	<1	13	3
Bertolli Rustic Cut Marinara with Traditional Vegetables	100	6	1	10	470	1	6	2
✓ Cucina Antica Arrabbiata GF	40	1.5	0	5	210	1	3	1
✓ Cucina Antica Puttanesca GF	45	2	1	7	240	2	1	1
✓ Dave's Gourmet All-Natural Wild Mushroom Pasta Sauce GF	80	3	0.5	11	370	2	3	2
✓ Dave's Gourmet Organic Roasted Garlic & Sweet Basil GF	70	4.5	0.5	8	125	<1	5	1
✓ Engine 2 Classic Tomato Basil	35	0	0	8	140	1	4	1
✓ Engine 2 Red Bell Pepper Marinara	35	0	0	8	140	1	4	1
Francesco Rinaldi Garden Combo GF	60	0.5	0	13	340	2	9	2
Francesco Rinaldi Three Cheese GF	70	1	0	15	290	2	10	3
✓ Michael's of Brooklyn Marinara Sauce GF	45	2	0	6	320	2	4	1
✓ Monte Bene Garlic Marinara GF	50	1.5	0	9	190	2	5	1
✓ Monte Bene Tomato Basil GF	45	1.5	0	7	190	2	5	1
✓ Muir Glen Cabernet Marinara	60	2	0	8	280	2	4	2
✓ Muir Glen Organic Fire Roasted Tomato	80	4.5	0.5	8	250	2	4	2
✓ Newman's Own For The Common Good Organic Arrabbiata Sauce GF	110	8	1	8	390	1	4	2
Newman's Own Fra Diavolo Pasta Sauce	80	3	0	10	460	2	4	2
Organicville Marinara GF	40	1	0	7	440	1	4	1
Organicville Tomato Basil GF	35	1	0	6	420	1	4	1
✓ Poblano Farm Reduced Sodium & Fat Free Pasta Sauce	50	0	0	9	170	2	6	3
✓ Poblano Farm Traditional Italian Pasta Sauce	70	3.5	0.5	8	350	2	5	2
Prego Farmer's Market Roasted Garlic	80	3	0	12	430	2	8	2
Prego HeartSmart Mushroom Sauce GF	70	1.5	0	13	360	1.5	9	2
Prego Italian Sauce Flavored with Meat GF	90	3	1	13	480	3	10	2
Ragu Old World Style Meat Sauce	80	2.5	0.5	10	480	2	6	2
Ragu Six Cheese Sauce	90	2.5	1	14	480	2	9	3
✓ Rao's Homemade Marinara Sauce	80	7	1	4	340	1	3	1
✓ Rao's Homemade Puttanesca Sauce	80	6	1	4	250	1	3	2
✓ Scarpetta Marinara Fresh Pasta Sauce GF	45	2	0.5	7	300	2	3	1
Scarpetta Tuscan Vodka Fresh Pasta Sauce GF	120	11	6	5	240	1	3	1
Trader Giotto's Bolognese Pomodoro Pasta Sauce	80	4.5	1	8	480	2	5	3
Trader Giotto's Low Fat Tuscan Marinara Sauce	80	1.5	0	10	450	3	6	2
✓ Trader Giotto's Organic Spaghetti Sauce with Mushrooms	45	0	0	10	370	2	6	2
Trader Giotto's Organic Vodka Sauce	90	4	1	12	600	2	8	3
Trader Giotto's Roasted Garlic Marinara	100	5	1	11	580	3	6	2
Trader Giotto's Three Cheese Pomodoro Pasta Sauce	80	5	1.5	6	500	1	3	4

*Sugar grams include naturally occurring sugars found in tomatoes. Note: g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, Daily requirement based on 2,000 calorie/day diet. Source: product labels and manufacturer website. GF=Product label includes gluten-free designation.