



Shoppers Guide

Best Bets in Prepared Soups

On a cool, rainy day a bowl of steaming soup helps take the chill off. Having time to make a pot from scratch, however, is a luxury many of us don't have. Prepared soups to the rescue! Fortunately, the old standard of salty canned chicken noodle soup has some competition with today's variety of vegetable- and grain-filled soups with a healthier nutrient profile.



Soups score with low-sodium and variety.

What to Look For. The most notable concern with prepared soups has always been sodium content. While there are soups with higher sodium levels, overall, sodium levels are coming down, and many low-sodium soups are available. For the most part, saturated fat levels in prepared soups are within acceptable levels as well. Exceptions to this are soups made with cream or cheese. Soup companies are also getting more creative with their ingredient choices, and in many cases, this improves the nutrient content. Popular, nutritious ingredients include cauliflower, kale, and ancient grains, such as quinoa, farro, and millet. Whether animal or plant-based, protein helps keep you satisfied. If you're making your soup the main attraction, choose those with at least six grams per serving so you don't find yourself hungry shortly after mealtime.

- Helpful Hints.** Consider these tips when selecting supermarket soups.
- ▶ **Veggie Boost.** If you have leftover veggies, consider adding them to your soup as it heats to boost the fiber and nutrient content.
 - ▶ **Double Check.** Scan the ingredients list to make sure the nutritious ones you're looking for, like grains and vegetables, are near the beginning of the list. Ingredients are listed in descending order, with the highest amount by weight at the top of the list.
 - ▶ **Serving Smarts.** Most cans/tubs/cartons contain more than one serving of soup. Be aware of how much you're eating so you know how much of each nutrient, especially sodium, you're actually getting.

—Heidi McIndoo, MS, RD

Prepared Soups 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), 600 mg sodium (26% DV), and at least 4 g fiber (14% DV).

PREPARED SOUPS (1 CUP)*	Serving Size* (g)	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)
365 Organic Corn Poblano Chowder	245	90	1	0.5	19	520	1	0	1
✓ 365 Organic Minestrone with Farro Soup	245	150	1	0	30	570	6	4	7
Amy's Organic Chunky Tomato Bisque	245	130	4	2.5	21	680	3	14	3
✓ Amy's Organic Hearty Rustic Italian Vegetable Soup, Reduced Sodium	245	250	9	1.5	35	570	7	6	8
Amy's Organic Quinoa, Kale & Red Lentil Soup	245	150	6	1	19	780	4	4	4
✓ Back to Nature Tuscan 3-Bean with Kale & Millet Soup	238	190	3	0	34	540	6	4	7
Campbell's Chunky New England Clam Chowder	245	170	10	1	16	890	2	2	5
Campbell's Go Soup Golden Lentil with Madras Curry	245	140	6	5	18	790	3	6	3
Campbell's Home Style Light Italian Style Wedding Soup	245	80	1.5	0.5	11	790	1	2	6
✓ Campbell's Ready to Serve Low Sodium Chicken with Noodles Soup, 1 can	305	160	6	2	17	120	5	4	10
Campbell's Slow Kettle Style Roasted Chicken Noodle Soup with Herbs and White Meat Chicken	245	90	2.5	0.5	9	790	1	1	9
Campbell's Well Yes, Hearty Tomato with Toasted Barley Soup	245	100	1	0	19	590	2	6	3
Dr. McDougall's Organic Butternut Bisque Vegan Soup, GF	245	120	0	0	28	480	2	5	2
Dr. McDougall's Organic Quinoa Vegetable Lower Sodium Soup, GF	245	90	1	0	16	290	2	3	3
Dr. McDougall's Organic Root Vegetable with Kale Vegan Soup, GF	245	90	1.5	0	17	480	3	4	4
Farm & Kettle Organic Beef & Kale Soup**	245	130	4	0.5	13	640	2	3	11
✓ Farm & Kettle Organic Chickpea & Chicken Soup**	245	210	6	1	25	580	6	5	16
Farm & Kettle Organic Tomato Cheddar Soup**	245	250	16	9	14	680	2	5	14
✓ Health Valley Organic 40% Less Sodium 14 Garden Vegetable Soup	240	80	0	0	18	480	4	6	3
Health Valley Organic Cream of Mushroom Soup	240	90	2	1	14	480	3	3	4
✓ Health Valley Organic No Salt Added Split Pea Soup	240	140	2.5	1	26	85	8	4	8
Imagine Organic Light in Sodium Creamy Garden Tomato Soup, GF	240	80	1	0	16	300	2	9	2
Imagine Organic Moroccan Chickpea & Carrot Soup	245	100	1	0	21	480	3	7	2
Imagine Organic Potato Quinoa and Spinach Soup	245	120	3.5	1.5	19	530	2	<1	2
Imagine Organic Super Greens Creamy Soup, GF	240	80	2.5	1.5	13	490	3	5	3
Pacific Organic Thai Sweet Potato Soup, GF	245	170	6	4	25	580	3	3	3
✓ Pacific Organic Vegetable Masala Stew	241	180	2	0	34	580	6	7	7
Panera Bread at Home Baked Potato Soup	242	210	11	7	23	490	3	3	6
Panera Bread at Home Broccoli Cheddar Soup	242	240	14	9	17	990	2	6	9
Panera Bread at Home Creamy Tomato Soup	242	200	13	8	18	500	4	9	3
Progresso Chicken & Orzo with Lemon	249	90	1	0	14	690	<1	<1	6
✓ Progresso Reduced Sodium Hearty Minestrone	252	110	2.5	0	21	480	4	4	5
Progresso Rich & Hearty Slow Cooked Vegetable Beef, GF	246	120	3.5	1.5	17	680	2	4	6
Trader Joe's Creamy Corn & Roasted Red Pepper Soup	240	110	2	0	23	590	2	11	3
Trader Joe's Ditalini Pasta & Cheddar Cheese & Cauliflower & Kale**	252	350	17	11	36	820	2	5	15
✓ Trader Joe's Lentil Soup with Ancient Grains**	251	200	9	1	24	470	8	4	9
Trader Joe's Organic Low Sodium Butternut Squash Soup	240	70	0	0	19	95	2	7	1
Whole Foods Chicken Matzo Ball Soup**	241	190	9	2	19	660	1	2	10
Whole Foods New England Clam Chowder**	245	290	21	13	16	710	1	4	9
Whole Foods Roasted Red Pepper & Smoked Gouda Bisque, GF**	245	200	12	7	17	640	2	11	9

Note: g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, daily requirement based on 2,000 calorie/day diet, GF=Gluten Free. Source: product labels and company websites. *Unless otherwise noted, the volume serving size is 1 cup. **Refrigerated soup