



Shoppers Guide

Premade Soups

A steaming bowl of soup is the perfect meal on cool, blustery day. For the days you don't have time for a pot to simmer hours on the stove, premade soups come to the rescue. Simply open, heat and you have instant comfort. While a simple container of soup might do wonders for your mental health, how does it impact your physical health?



Soups on. Enjoy!

Home-made soups can make hearty and healthy meals because they're often filled with nutrient- and fiber-rich vegetables. However, many of their mass-produced counterparts are little more than broth, some noodles, and a few bits of veggies. Fortunately, more soup companies are bumping things up in both flavor variety and nutrition status. One of the biggest downfalls of canned and premade foods in general is their high sodium content. Many soup companies are responding to this issue by working to reduce the sodium content of their recipes and by providing reduced- or low-sodium options. This makes including premade soups in a healthy diet that much easier. Note: if you make your soup at home, do your part by using low-sodium or no-salt-added broth.

Helpful Hints. Next time you want to warm up with a bowl of soup, consider the following tips.

- ▶ **Protein power.** Adequate protein will help ensure your meal keeps you satisfied. Choose soups that include beans, quinoa, or lean protein sources.
- ▶ **Veggie time.** Vegetables provide a variety of vitamins and minerals as well as belly-filling fiber. Look for vegetable-based soups like minestrone, butternut squash, and mixed vegetable to increase your veggie intake. You can also add leftover cooked veggies or a handful of frozen veggies as your soup heats to boost it even more.
- ▶ **Round it out.** Pair your soup with a few whole grain crackers or slice of bread and a scoop of yogurt mixed with fruit to maximize your nutrient intake and create a meal that will keep you satisfied for a few hours. **EN**

—Heidi McIndoo, MS, RD

Premade Soups Nutritional Comparison

✓ = **EN's Picks.** As with all EN comparisons, this is only a sampling of products. Canned soup picks contain no more than 600 mg sodium (26 % Daily Value) and at least 6 g protein (12% Daily Value).

SOUPS	Serving Size (oz)	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)
✓ Campbell's Chunky Healthy Request Hearty Italian Style Wedding with Meatballs & Spinach Soup	8	130	3	1	18	410	2	6	7
Campbell's Chunky Chicken Tortilla with Grilled White Meat Chicken	8	140	2	0.5	22	690	2	2	9
Campbell's Well Yes! Lightly Salted Santa Fe Vegetable Soup	8	130	2.5	0	23	290	4	6	4
Campbell's Soup on the Go Healthy Request Classic Tomato Soup	11	140	0	0	32	410	2	20	3
Campbell's HomeStyle Minestrone	8	100	1	0	18	790	4	6	4
Campbell's HomeStyle Light New England Clam Chowder	8	100	1.5	1	16	790	1	1	5
✓ Campbell's Black Bean with Red Quinoa Soup	8	150	1	0	27	590	6	5	9
✓ Dinty Moore Beef Stew	8	200	10	4	17	990	1	3	10
✓ Back to Nature Chicken Tortilla with Red Quinoa, GF	8	130	2	0	23	540	3	3	7
✓ Kettle & Fire Thai Curry Soup with Bone Broth	8	200	10	8	15	590	2	4	11
✓ Amy's Organic Hearty French Country Vegetable Soup, Reduced Sodium	8	210	9	1.5	27	450	6	5	6
Amy's Organic Chunky Tomato Bisque, Light in Sodium	8	140	4	2.5	22	280	2	15	3
Amy's Organic Hearty Spanish Rice & Red Bean Soup	7	140	2.5	0	24	690	5	3	5
Amy's Organic Quinoa, Kale & Red Lentil Soup	8	130	5	1	18	740	3	4	4
Progresso Light Broccoli Cheese	8	120	6	2.5	11	760	<1	2	5
✓ Progresso Savory Chicken & Wild Rice	8	110	0.5	0	23	470	2	2	6
Progresso Lentil	8	160	2	0.5	30	810	5	2	9
Progresso Southwest Style Black Bean & Vegetable, Reduced Sodium GF	8	120	2	0.5	22	450	6	4	5
✓ Healthy Choice Chicken Noodle	8	90	2	0.5	12	390	1	2	7
Healthy Choice Country Vegetable	8	110	0.5	0	21	480	5	4	4
✓ Healthy Choice Vegetable Beef	8	130	1.5	0.5	20	420	3	4	8
✓ Health Valley Organic No Salt Added Split Pea Soup	8	160	2.5	1	26	85	8	4	8
Health Valley Chicken Noodle Soup	8	80	2	0.5	11	470	1	1	5
Health Valley 40% Less Sodium Vegetable Soup	8	90	0	0	18	500	3	7	2
Pacific Foods Organic Roasted Red Pepper & Tomato Bisque	8	140	8	5	17	670	2	10	2
Pacific Foods Organic Poblano Pepper & Corn Chowder	8	180	9	5	22	620	1	2	3
Pacific Foods Organic Chicken Noodle Soup, Reduced Sodium	8	80	1.5	0	12	460	1	1	5
Pacific Foods Organic Vegetable Quinoa Soup	8	110	2	n/a	20	530	4	3	4
✓ Dr. McDougall's Organic French Lentil, Lower Sodium, GF	8	130	0.5	0	23	290	9	2	8
Dr. McDougall's Organic Quinoa Vegetable, Lower Sodium, GF	8	90	1	0	16	290	2	3	3
Dr. McDougall's Organic Tortilla, GF	8	100	0.5	0	20	530	4	2	5
365 Organic Vegetable Medley	8	70	0	0	16	310	3	4	2
365 Organic Corn Poblano Chowder	8	90	1	0.5	19	520	1	0	1
✓ 365 Organic Chicken Noodle	8	70	0	0	10	540	1	0	8
Wolfgang Puck Organic Free Range Chicken Dumplings	8	130	6	2.5	15	680	2	1	4
Wolfgang Puck Organic Classic Minestrone	8	130	2.5	0.5	21	770	4	5	6
Trader Joe's Chicken Noodle with Veggies	8	100	1	0	16	600	1	3	7
Trader Joe's Sweet Potato Bisque	8	130	1	0	28	410	1	7	2
Trader Joe's Organic Creamy Tomato, Low Sodium, GF	8	90	3.5	2	15	140	1	8	2
Trader Joe's Organic Tomato & Roasted Red Pepper, GF	8	100	2	1.5	16	750	1	10	5

Note: g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, GF=Gluten Free. Daily requirement based on 2,000 calorie/day diet. Source: product labels and company websites.