



## Soup's On!

On a cold day, there's nothing quite as good as a bowl of steaming hot soup. When you have the luxury of time, you can prepare a delicious soup from scratch. However, for a quick lunch or a busy night, a prepared soup from the grocery store can be just as comforting. Like other prepared foods, pre-made soups can have their nutrition downfalls, but it's possible to enjoy convenient soups while still eating healthfully.

When you shop for such soups—whether in cans, cartons, or tubs—the biggest concern typically is high sodium levels; some soups contain up to 1,000 milligrams of sodium per serving (42% of your sodium needs for the day). In addition, some may be light on nutrient-rich vegetables, lean protein and whole grains. However, *EN* has found many prepared soups worth putting on your menu.

**Helpful hints.** Keep the following tips in mind the next time you want to warm up with a bowl of soup.

- **Check out the “healthy” options.** In the case of soups, most of those labeled as “healthy” or “light” actually do contain significantly lower amounts of sodium. But check the Nutrition Facts panel just to be sure.
- **Add some vegetables.** To boost the nutrient and fiber content of your soup, add more vegetables. Leftovers are perfect, but a handful of frozen or canned vegetables work just as well. Think green beans, red peppers, corn, cauliflower, spinach or nutrient-dense beans.
- **Portion check.** Note that the portion size for most soups is one cup, not the entire container. If you do eat the whole container, you'll be doubling all the nutrients. Depending on your soup choice, you easily could wind up eating nearly 400 calories, 20 grams of fat, and almost 1,800 mg sodium—from one can of soup.
- **Watch the cream.** In general, cream-based soups are higher in calories, fat, and saturated fat than broth-based soups. Check the Nutrition Facts panel to find out the nutrient numbers. **EN**

—Heidi McIndoo, MS, RD

## Shopper's Guide

### Soup Nutrition Comparison

✓ = *EN*'s Picks. Picks contain no more than 5 g fat (8% DV), 1 g saturated fat (5% DV), 450 mg sodium (19% DV) and at least 3 grams of fiber (12% DV).



PREPARED SOUP	Serving Size	Sodium (mg)	Calories	Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Fiber (g)
<b>BEEF/CHICKEN</b>								
365 Chicken Tortilla	1 c	690	130	3	1	19	8	3
✓ Campbell's Chunky Healthy Request Sirloin Burger with Country Vegetables	1 c	410	130	2	1	19	8	3
Campbell's Chunky Hearty Beef Noodle	1 c	670	120	2	1	17	8	3
Campbell's Chunky New England Clam Chowder	1 c	890	180	10	2.5	18	5	3
Campbell's Condensed Beef with Vegetables & Barley	1 c	890	80	1	0.5	15	3	3
Campbell's Healthy Request Condensed Chicken Noodle	1 c	410	60	2	0.5	8	3	1
Health Valley Organic Chicken Noodle Soup	1 c	480	80	2.5	0	11	4	3
✓ Healthy Choice Beef Pot Roast	1 c	430	100	1	0	18	6	3
Healthy Choice New England Clam Chowder	1 c	480	110	1.5	1	20	4	3
Imagine Italian Style Wedding	1 c	480	150	4.5	2	20	7	4
Pacific Organic Chicken & Wild Rice Soup	1 c	660	120	4	1	17	5	2
Pacific Organic Minestrone with Chicken Meatballs Soup	1 c	700	140	3.5	1	19	6	3
Progresso Heart Healthy Creole Style Chicken Gumbo	1 c	480	110	2	0.5	18	7	4
Progresso High Fiber Chicken Tuscany	1 c	470	120	2	0.5	20	6	1
Progresso Light Chicken Vegetable Rotini	1 c	660	70	1.5	0	10	5	1
Wolfgang Puck Free Range Chicken with White and Wild Rice	1 c	830	110	4	1	15	4	2
<b>VEGETARIAN</b>								
365 Organic Southwestern Black Bean	1 c	750	120	1	0	23	6	6
Amy's Organic Chunky Tomato Bisque	1 c	680	130	3.5	2	21	3	3
✓ Amy's Organic Light in Sodium Lentil Vegetable	1 c	340	160	4	0.5	24	7	8
✓ Amy's Organic Light in Sodium Minestrone	1 c	290	90	1.5	0	17	3	3
Campbell's Gourmet Bisque Golden Butternut Squash Bisque	1 c	740	110	2	1	21	2	3
Dr. McDougall's Right Foods Vegan Pad Thai Noodle Soup (2 ounce cup)	½ container (28 g)	290	100	0.5	0	21	4	1
✓ Dr. McDougall's Right Foods Vegan Split Pea Soup, Lower Sodium (1.9 oz cup)	1 container (54 g)	360	200	1	0	35	13	9
Health Valley Organic 40% Less Sodium Italian Minestrone	1 c	470	110	0	0	26	6	7
✓ Health Valley Organic No Salt Added Potato Leek	1 c	30	100	2	0	20	2	3
✓ Health Valley Organic No Salt Added Vegetable	1 c	50	100	2.5	0	18	3	4
✓ Healthy Choice Garden Vegetable	1 c	450	130	1.5	1	24	5	4
Imagine Organic Creamy Tomato Soup	1 c	460	90	2	0	18	n/a	2
Imagine Organic Potato Quinoa & Spinach	1 c	610	90	3.5	1.5	14	2	1
Pacific Organic Roasted Red Pepper & Tomato Soup	1 c	370	110	2	1.5	16	5	1
Pacific Organic Spicy Black Bean & Kale Soup	1 c	590	120	0	0	24	7	7
Progresso Reduced Sodium Tomato Parmesan	1 c	480	100	1.5	1	17	5	3
Tabatchnick Corn Chowder	1 c	515	130	4.5	2	21	4	2
✓ Tabatchnick Low-Sodium Barley & Mushroom	1 c	80	80	1	0	17	3	3
Tabatchnick Wilderness Wild Rice	1 c	280	90	0.5	0	19	3	2
Trader Joe's Organic Split Pea	1 c	670	100	0	0	19	7	6
Wolfgang Puck Corn Chowder	1 c	760	210	13	8	20	2	2
Wolfgang Puck Hearty Lentil Vegetable	1 c	820	150	1	0	28	7	5

Note: Based on prepared soup according to package directions; c=cup, g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, Daily requirement based on 2,000 calorie/day diet. Source: food labels and company websites