

Shopper's Guide

Winter Warm-Up with Chili




Nothing warms you up on a chilly day quite like a steaming bowl of chili. But if you don't have the time or inclination to chop up the veggies and wait for everything to simmer into a flavorful one-pot-meal of comfort. That's where prepared chili comes in. Just pop open the can—most are canned, but refrigerated and frozen products also are available—heat the chili, and you're ready for a quick, satisfying meal.

Whether your tastes lean towards the classic "con carne" (with beef), bean-filled, bean-less, or vegetarian, there's a store-bought chili out there for everyone—several to be more precise. Prepared chili also gives you a choice when it comes to meat varieties (beef, pork, chicken or turkey), spiciness, and special flavor additions (black bean, red bean, or chipotle), too.

But how does store-bought chili stack up nutritionally? As with many prepared and processed foods, some chili products can be filled with sodium and saturated fat. However they also can be good sources of fiber and protein, both of which can help satisfy you and keep you feeling full.

Helpful hints. Check out these tips to let you warm up with chili more healthfully.

- ▶ **Go for the beans.** An alternative to meat-based chili is chili beans. They're beans flavored with cumin, garlic, and more, making a great source of plant-based protein and fiber.
- ▶ **Balance out your meal.** Round out your chili meal with a veggie-rich salad and whole grains, such as whole grain crackers, corn bread, whole wheat pasta or brown rice.
- ▶ **Cut the sodium.** High sodium levels are a concern with many supermarket chilis. If your favorite brand is on the high side, cut the sodium by stretching the roughly two servings per package to three or four. To do so, simply add corn, beans, chopped vegetables, or diced tomatoes to increase the amount of servings you get from the can—thus slashing the salt per serving. Use fresh, frozen, or canned, but if you choose canned, use low-sodium varieties or drain and rinse well before using. 

—Heidi McIndoo, MS, RD

Supermarket Chili Nutritional Comparison

✓ = **EN's Picks.** As with all *EN* comparisons, this is only a sampling of products. Picks contain no more than 2.5 g saturated fat (13% DV) and 710 mg sodium (30% DV).



CHILI (1 cup, about 250 g, unless otherwise noted)	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Sugar (g)	Fiber (g)	Protein (g)
MEAT, NO BEANS								
Atkins Chili Con Carne (1- 255 g bowl)	320	21	9	8	960	2	4	24
Campbell's Hold the Beans Beef Chili	310	20	8	15	770	7	4	17
Dennison's Chili Con Carne No Beans	310	16	7	20	1150	1	3	21
Hormel Chili No Beans	250	11	4	17	990	3	3	20
Hormel Chili No Beans Hot	220	9	4	18	970	3	3	16
Hormel Chili No Beans Turkey 98% Fat Free	190	3	1	16	1230	4	3	23
Pace Chili No Beans	200	6	2.5	21	910	5	3	14
✓ Whole Foods Market Chicken Artichoke Chili	220	5	1	27	210	4	7	10
MEAT, WITH BEANS								
Campbell's Chunky Chili Beef & Bean Road House	240	7	3	30	870	5	7	14
Campbell's Chunky Chili with Beans Grilled Steak	200	3	1	27	870	9	7	16
Dennison's Chili Con Carne	350	15	7	31	970	2	11	22
Dennison's Chunky Chili Con Carne with Beans	300	10	4.5	32	1020	2	9	20
Hormel Chili with Beans	260	7	2.5	29	990	4	7	19
Hormel Chili with Beans Hot	260	7	3	33	1060	5	7	16
Hormel Chili with Beans Turkey 98% Fat Free	210	3	1	28	1250	6	6	17
Hormel Chili with Beans Chunky	260	7	3	33	1080	5	7	16
Pace Chili with Beans	220	6	2.5	30	890	8	5	11
Progresso Chili Smokehouse Pork & Beef with Beans	320	20	7	24	670	6	3	14
✓ Progresso Southwest Style White Chicken Chili with Beans	210	6	2	24	660	3	6	15
Trader Joe's Beef Chili with Beans	210	3	1.5	28	880	7	6	18
Trader Joe's Premium Select Chicken Chili with Beans	290	9	3	32	810	6	6	19
Trader Joe's Turkey Chili with Beans	240	4.5	1.5	30	800	6	7	19
✓ Whole Foods Market Turkey & Black Bean Chili	200	4.5	1	15	710	3	5	13
VEGETARIAN								
✓ 365 Organic Vegetarian Chili Mild	240	5	0	35	530	3	10	13
✓ 365 Organic Vegetarian Chili Spicy	240	5	0	35	530	3	10	13
✓ Amy's Organic Black Bean Chili	200	3	0	31	680	3	13	13
✓ Amy's Organic Chili Medium	280	9	1	35	680	5	9	16
✓ Amy's Organic Spicy Chili, Light in Sodium	280	9	1	35	340	5	7	15
Bush's Best Black Chili Beans Mild	220	2	0	40	860	2	10	12
Bush's Best Pinto Beans Hot	220	2	0	40	1060	4	12	12
Bush's Best Red Chili Beans Medium	240	2	0	42	940	2	14	14
Dennison's Vegetarian Chili with Beans	190	1.5	0	34	800	6	9	9
✓ Health Valley Organic Vegetarian Chili 40% Less Sodium 3 Bean Chipotle	200	3	0	37	470	8	8	11
✓ Health Valley Organic Vegetarian Chili 40% Less Sodium Spicy Tomato	190	3	0	36	470	9	8	10
✓ Health Valley Organic Vegetarian Chili No Salt Added	210	2.5	0	41	70	11	8	10
Hormel Chili Vegetarian with Beans 99% Fat Free	190	1	0	35	780	6	10	11
✓ Pace Chili Vegetarian	170	1	0	32	710	11	6	9
✓ Westbrae Natural Vegetarian Organic Black Bean Chili	210	2	0	40	480	6	9	12
✓ Westbrae Natural Vegetarian Organic Spicy Black Bean Chili	210	2	0	40	480	6	9	12
✓ Whole Foods Market Vegetarian Firehouse Chili	150	2.5	0	28	300	9	8	7

Note: 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.