

Choosing a Healthy Soup



Fresh soup in the refrigerator section often has the **lowest sodium**

Making your own soup?



Look for fresh, frozen or canned legumes and vegetables to add to your soup



Look for herbs and spices to add flavour to your soup without adding any salt

Check the nutrition facts table



Choose soup and soup broth that has **5% or less** daily value of sodium



Choose soup that has **15% or more** daily value of fibre



Check the package for the nutrition claim **High Source of Fibre**

Disclaimer: These tips are for information only. They do not replace advice from your doctor.

Nutrition Facts Valeur nutritive

Serving Size (250 mL) / Portion (250 mL)

Amount Teneur		% Daily Value % valeur quotidienne
Calories / Calories	140	
Fat / Lipides	1g	2%
Saturated / saturés	0.3g	0%
+ Trans / trans	0g	
Cholesterol / Cholestérol	0mg	0%
Sodium / Sodium	140mg	6%
Carbohydrate / Glucides	18g	6%
Fibre / Fibres	4g	16%
Sugars / Sucres	7g	
Protein / Protéines	3g	
Vitamin D / Vitamine D	0mcg	0%
Calcium / Calcium	43mg	4%
Iron / Fer	2mg	10%
Potassium / Potassium	166mg	4%



Learn more about choosing healthy foods.

Visit www.cardiaccollege.ca or www.diabetescollege.ca to watch the Choosing Healthy Foods video series.