

Super Bowls

Best Bites (✓✓) have no more than 350 milligrams of sodium per cup (for multi-serve cans, jars, etc.) or per container (for individual bowls, pouches, etc.). **Honorable Mentions** (✓) have no more than 480 mg of sodium. Both contain no more than 2½ grams of saturated fat. Within each section, soups are ranked from least to most sodium, then least to most saturated fat.

	Calories	Sodium (mg)	Saturated Fat (g)
Multi-Serve Soups (1 cup)			
✓✓ Trader Joe's Low Sodium Tomato & Roasted Red Pepper	110	105	2
✓✓ Plantstrong Kitchari Indian Lentil Stew	140	210	0
✓✓ Plantstrong Thai Carrot Chickpea Stew	180	230	0.5
✓✓ Imagine Light in Sodium ¹	100	240	0
✓✓ Dr. McDougall's Lower Sodium ¹	120	280	0
✓✓ Amy's Light in Sodium—except Cream of Tomato ¹	140	300	0.5
✓✓ Pacific Light in Sodium ¹	110	300	1
✓ Amy's Light in Sodium Cream of Tomato	140	390	1.5
✓ Pacific Creamy Oat Milk ¹	100	400	0
✓ Progresso Light Zesty Santa Fe Style Chicken	70	400	0
✓ Amy's Vegan Butternut Squash Bisque	150	400	2
✓ Campbell's Healthy Request—Chunky, Condensed, or Home Style ¹	100	410	0.5
✓ Healthy Choice ¹	110	420	0.5
✓ Imagine Creamy—Butternut Squash, Potato Leek, Portobello Mushroom, or Tomato Basil ¹	90	430	0
✓ Trader Joe's Butternut Squash	90	450	0
✓ Pacific Made with Chicken Bone Broth ¹	130	450	0.5
✓ Progresso Light Italian-Style Meatball	80	450	0.5
✓ Amy's Reduced Sodium French Country Vegetable	210	450	1.5
✓ Healthy Choice Made with Chicken Bone Broth ¹	130	460	0
✓ Progresso Light Beef Pot Roast	70	470	0
✓ Progresso Reduced Sodium—except Creamy Tomato with Basil ¹	100	470	0.5
✓ Dr. McDougall's—Chili Bean, Lentil Vegetable with Kale, Minestrone, or Tortilla Style ¹	140	480	0
Progresso Reduced Sodium Creamy Tomato with Basil	110	490	1
Imagine Creamy Super Greens	80	490	1.5
Panera at Home Baked Potato	210	490	7
Pacific Creamy Butternut Squash	90	500	0
Panera at Home Creamy Tomato	200	500	8
Pacific Split Pea & Uncured Ham	160	510	0
Amy's Reduced Sodium Chunky Vegetable	70	530	0
Amy's Black Bean Vegetable	210	540	0
Imagine Creamy Tomato	80	550	0
Amy's Reduced Sodium Rustic Italian Vegetable	190	590	1
Campbell's Well Yes! ¹	120	620	1
Pacific Vegetable Lentil & Roasted Red Pepper	150	640	0
Amy's No Chicken Noodle	100	660	0
Progresso Light Chicken Noodle	60	660	0
Panera at Home Black Bean	200	670	0
Rao's Vegetable Minestrone	100	670	0
Pacific Chicken Noodle	80	700	0
Amy's Lentil Vegetable	160	720	0.5
Panera at Home Chicken Noodle	130	780	1.5
Campbell's Condensed Chicken with Rice	80	790	0.5
Campbell's Chunky Steak and Potato	120	870	1
Campbell's Condensed Chicken Noodle	60	890	0.5
Panera at Home Broccoli Cheddar	240	990	9
Single-Serve Soups (1 bowl or pouch)			
✓✓ Tabatchnick Low Sodium ¹	130	55	0
✓✓ Tabatchnick Cabbage	90	250	0
✓✓ Tabatchnick Wilderness Wild Rice	90	260	0
✓ Dr. McDougall's Lower Sodium ¹	170	370	0
✓ Tabatchnick Black Bean	220	440	0
Tabatchnick Tomato with Basil	90	490	0.5
Tabatchnick Barley & Mushroom	80	500	0
Campbell's Well Yes! Sipping Soup ¹	140	640	2
Campbell's Well Yes! Power ¹	190	650	0.5
Dr. McDougall's Miso Ramen	180	740	0
Annie Chun's Shoyu Ramen	240	890	0
Progresso Toppers ¹	250	1,120	3
Campbell's Slow Kettle Style Tomato & Sweet Basil Bisque	550	1,420	20

✓✓ Best Bite. ✓ Honorable Mention. ¹ Average of the entire line or the varieties listed.

Daily Values (DVs): Sodium: 2,300 milligrams. **Saturated Fat:** 20 grams.

Note: Best Bites and Honorable Mentions refer to numbers, not taste.

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