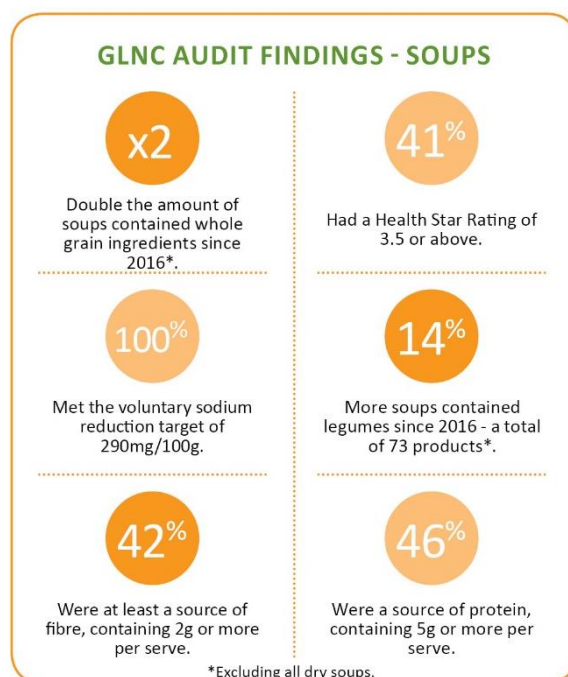
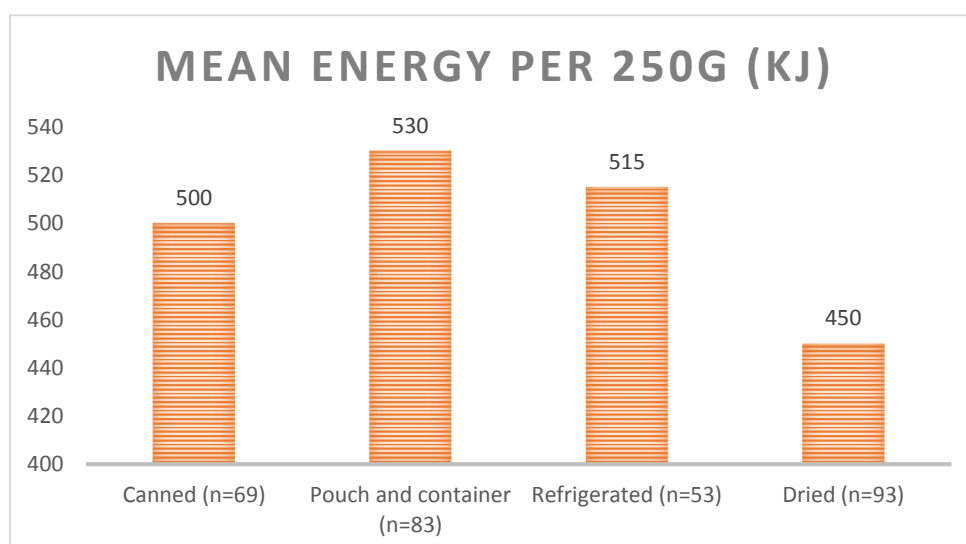


SOUP AUDIT

As the mercury drops, no food screams winter more than soup. The ultimate comfort food, soup can be a delicious way to warm up, and take in a quick and healthy nutrient hit. With so much variety on supermarket shelves, which is healthier? In July 2018, GLNC audited **297** soup products from the four major supermarkets in Sydney, including **69** canned, **83** shelf-stable (pouch/container), **93** dried, and **53** refrigerated soups – read on for an overview of the findings:

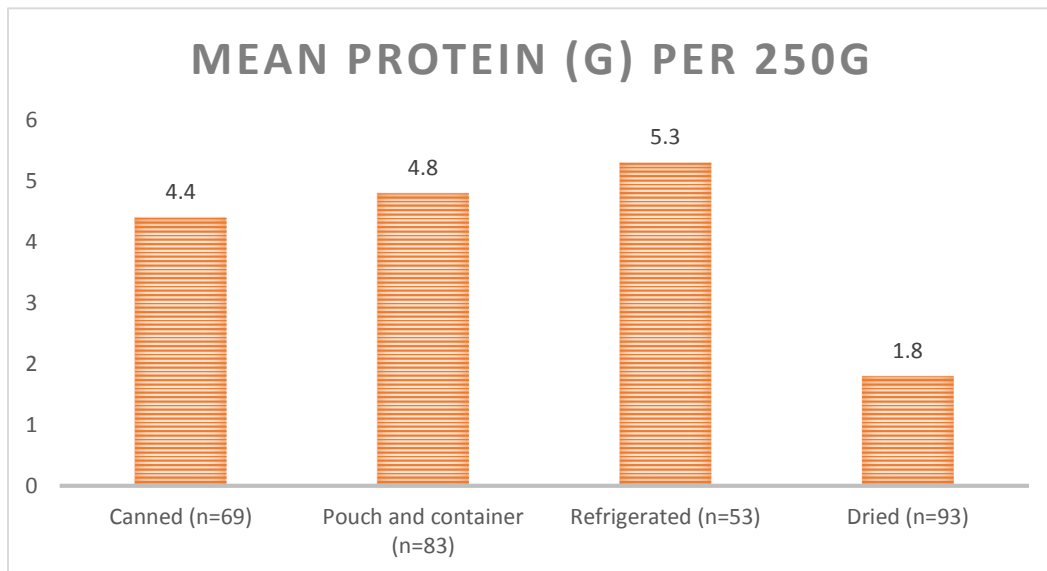


Energy:



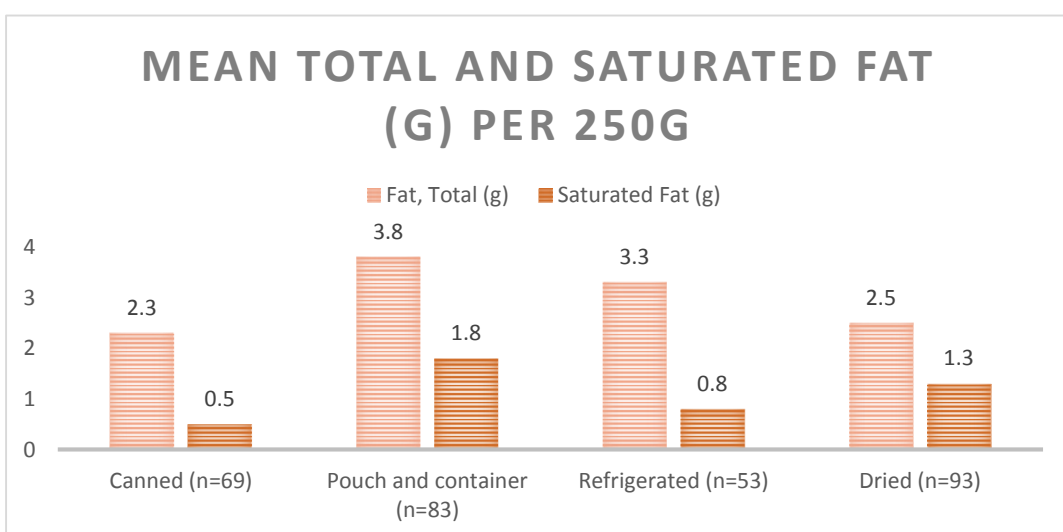
On average, all soups were fairly low in energy, with an average of 480kJ/250g serve. Dried soups were the lowest (average 450kJ/250g), while pouch/container soups were the highest with 530kJ/250g.

Protein:



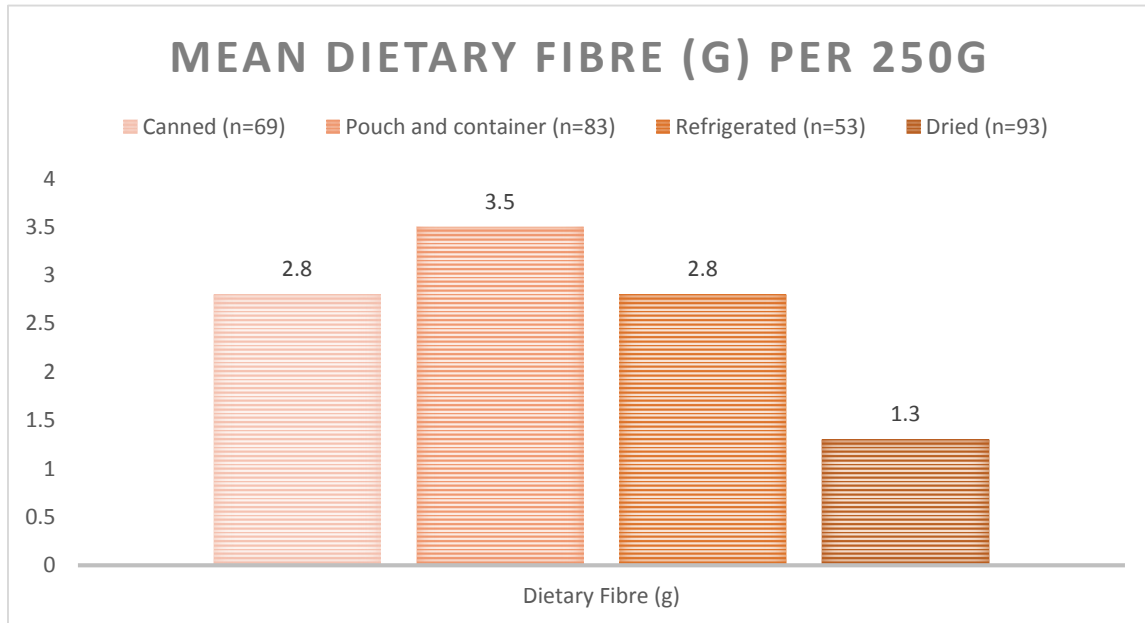
Refrigerated soups were the highest in protein of all categories, with an average of 5.3g/250g – three times more than dried soups, which had 1.8g/250g serve on average - protein is important in keeping us full between meals.

Fat, total and saturated:



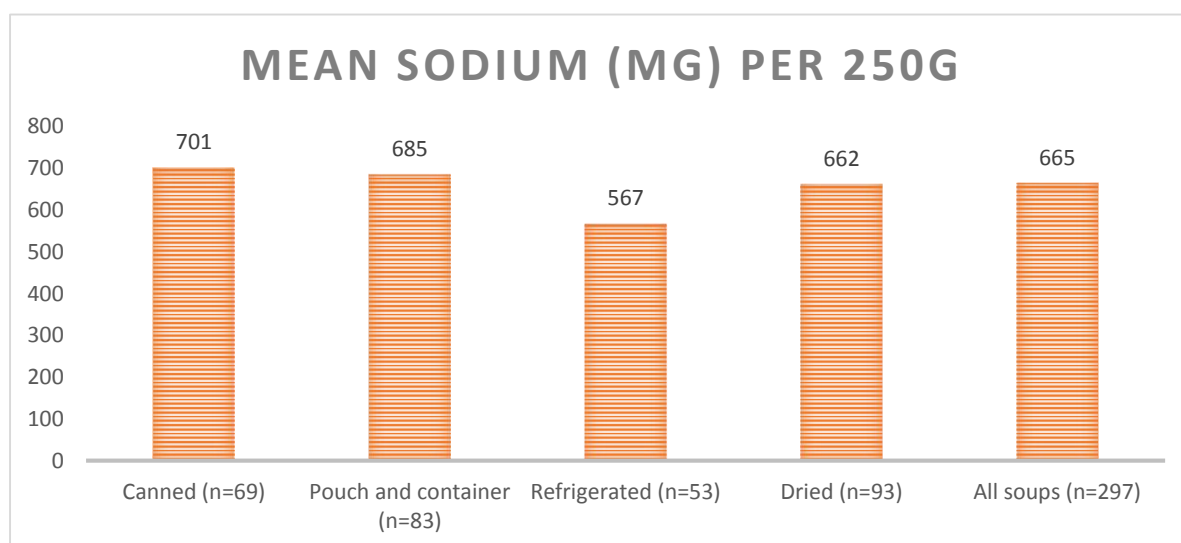
97% of all soups were eligible to make a fat-related claim (with less than ≤ 3 g per 100g), so understandably this were the second most popular claim made on pack. 80% were also low in saturated fat (≤ 1.5 g per 100 g).

Dietary Fibre:



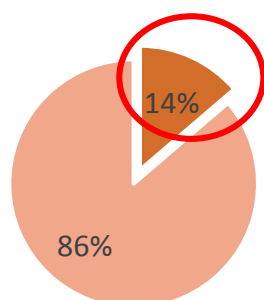
Key for digestive health, and to make a meal more satisfying, fibre information wasn't displayed on nearly a quarter of all soups. Of those that did, 35% were eligible to make a fibre claim on-pack (with ≥ 2 g per serve). Pouch/container soups had the highest average fibre content (3.5g/250g), compared to dried soup, which had at least half the fibre of all other categories (average 1.3g/250g).

Sodium:



Many soups are high in sodium, as it helps with shelf stability, and boosts flavour. Total soups had an average of 665mg/250g, which makes up around 33% of the Suggested Dietary Target.¹ Sodium was highest in canned soup (701mg/250g), and lowest in refrigerated soup (567mg/250g). While only 3% of soups were eligible to make a 'low sodium' claim (with ≤ 120 mg per 100g), all soups met the 2009 Food and Health Dialogue voluntary sodium reduction target of 290mg/100g² (sitting at 262mg/100g).

Soups with whole grain ingredients (%)

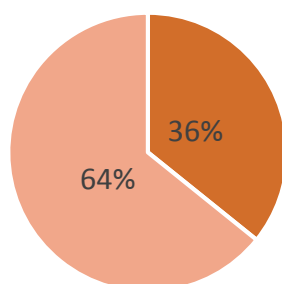


■ Contains Whole Grains (n=28)

Whole grain:

After excluding dried soups (which had no whole grain ingredients), of the 204 remaining soups, 14% (n=28) had whole grain ingredients, double the number than in our last audit in 2016. These whole grains included quinoa, buckwheat, spelt, brown rice.

Soups Containing Legumes (%)



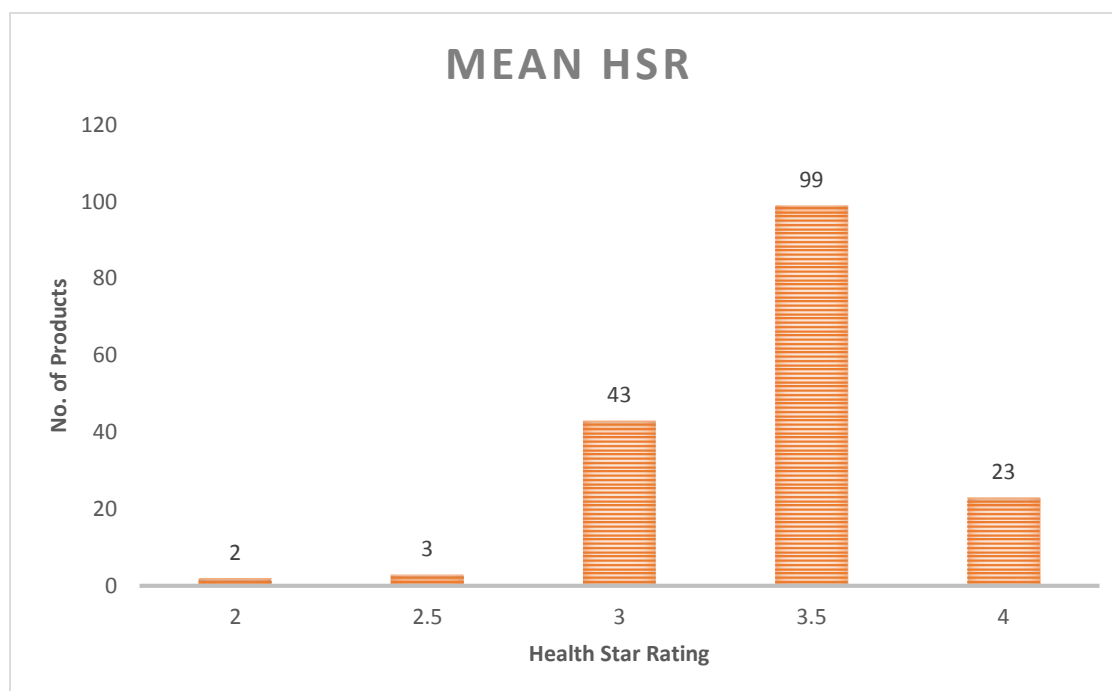
■ Contains Legumes (n=73)

■ No Legumes (n=131)

Legumes:

After excluding dried soups (which had no legume ingredients), of the 204 remaining soups, 36% (n=73) had legumes (like chickpeas, lentils, beans), an increase of 14% since the last audit in 2016.

Health Star Rating (HSR):



57% of products displayed a Health Star Rating (HSR), with a median rating of 3.5. Those with a lower rating were creamy/coconut based soups, which were higher in saturated fat. Of the 23 soups rated 4 stars, 74% contained legumes.

Top tips:

- **When buying soups, look for varieties with quinoa, brown rice, buckwheat, barley, and whole grain pasta to meet your whole grain target.**
 - The number of soups on the market with whole grain have doubled since 2016!
- **More than one-third of pre-prepared soups contain legumes, which are rich in protein and fibre. Check for ingredients like:**
 - Chickpeas, lentils, peas, beans
- **Packaged soups can be high in salt. Refrigerated soups have 17% less sodium than other soups (like canned or dried), so these are a good choice.**
 - Aim for options with less than 270mg sodium/100ml.

¹ Nutrient Reference Values for Australia and New Zealand: Sodium <https://www.nrv.gov.au/nutrients/sodium>

² Food Category Targets and Action Plans – soups:

<http://www.health.gov.au/internet/main/publishing.nsf/Content/soups>