

Healthy Food Guide picks

Campbell's Velish Sensations Roast Sweet Potato with Honey & Red Lentils (tetrapak)



Per 250g serve: 554kJ, 1.5g sat fat, 4g fibre, 741mg sodium; \$1.50



Thick satisfying texture in a sweet vegetable soup.

Wattie's Very Special Soup – Tuscan Tomato, Bean & Bacon (can)



Per 265g serve: 255kJ, 0.2g sat fat, 1.5g fibre, 295mg sodium; \$1.40



A chunky soup with a good smoky bacon and tomato flavour.

Maggi Wholegrain Noodles Rich Minestrone Flavoured Soup (sachets in carton)



Per 200ml serve: 416kJ, 0.3g sat fat, 2.2g fibre, 485mg sodium; \$1.20



Thick and quite creamy for an added-water soup. Noodles give it some bite.

Pitango Organic Minestrone Soup With Heaps Of Veggies (pouch)



Per 300g serve: 534kJ, 0.1g sat fat, fibre not stated, 761mg sodium; \$2.75



Tasted like a homemade soup with lots of yummy vegetables and cute flower-shaped pasta.

Delmaine Old Fashioned Vegetable Soup (pouch)



Per 300g serve: 591kJ, <1g sat fat, fibre not stated, 610mg sodium; \$2.45



A hearty vegetable soup just like Mum made.

Your checklist

Use these criteria to help you choose soup. For a snack, aim for at least two ticks for saturated fat and sodium; for a main served with grainy bread, aim for two ticks for fibre.

- More than 50 per cent vegetables and legumes
- 2g fibre or more per serve
- 4g fibre or more per serve
- less than 3g saturated fat per serve
- less than 1g saturated fat per serve
- less than 800mg sodium
- less than 300mg sodium