

This list includes commercial soups that comply with the [Connecticut Nutrition Standards \(CNS\)](#). Foods are evaluated for compliance with the CNS based on the amount **as served** including any **added accompaniments** such as grated cheese, sour cream, crackers and croutons, e.g., black bean soup with sour cream, clam chowder with oyster crackers, French onion soup with croutons and tomato soup with grated cheese. The Connecticut State Department of Education (CSDE) encourages schools to review the nutrient content of allowable products, and select the most nutrient-rich products that also meet the "Better Choice "recommendations (see green and white columns on right). **The CSDE strongly encourages schools to offer a la carte food choices that include a variety of minimally processed and naturally nutrient-rich whole foods such as fruits, vegetables, whole grains, low-fat or nonfat dairy, lean meats and legumes.**

Product formulations and packaging can change. **The nutrition information below is based on the package label or manufacturer information supplied at the time of product review.** If this information does not match the product label, please submit the product’s nutrition information to the CSDE following the guidance in [Submitting Food and Beverage Products for Approval](#).

The CSDE's [List of Acceptable Foods and Beverages](#) webpage is updated regularly and is subject to change. To assist in identifying new items added since the previous edition of this list, the manufacturer and food item (first two columns) of all new items are highlighted in pink. For contact information for listed vendors, refer to [Contact Information for Vendors](#).

The Nutrition Facts label for condensed soups is based on a ½-cup serving. When reconstituted with equal parts water, a ½-cup serving of condensed soup yields 1 cup of prepared soup. The nutrition information for condensed soups is listed for 1 cup as prepared with water. If milk is used instead of water, the nutrition information for the specific type of milk used (whole, 2%, 1% or nonfat) must be added to the nutrition information for the soup to determine if a 1-cup serving still meets the CNS.

**Note:** The approval below is only for the product exactly as listed. If the soup is sold a la carte combined with any accompaniments (e.g., crackers or croutons), the nutrition information for the accompaniments must be added to the nutrition information for the soup to determine if the serving still complies with the CNS (refer to the CSDE's [CNS worksheets](#)). This documentation must be maintained on file by the district and be available upon request for the CSDE's annual Healthy Food Certification (HFC) documentation review.

SOUPS, including  
canned, frozen, dried and  
fresh

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			General Standards	Nutrient Standards																			
			1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	≤200 calories		≤35% of total calories		<10% of total calories	<0.5 g	No partially hydrogenated oils	≤200 mg		≤15 g	No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols	No chemically altered fat substitutes	No caffeine							
Manufacturer	Food Item	Package or serving size	General Standard met	Calories	Fat (g)	% Calories from fat	Saturated fat (g)	% Calories from Saturated fat	Trans fat (g)	Standard met	Sodium (mg)	Fiber (g)	Total sugars (g)	Standard met	Standard met	Standard met	Vendors	Product code and notes	Review date	No artificial flavors or colors	No high fructose corn syrup	At least 2.5 grams of fiber	100% whole grain (applies only if contains grains)
None																							