

List of Acceptable Foods and Beverages  
**List 12: Soups**

**List 12: Soups** includes commercial products that meet the CNS soups category, such as canned, frozen, dried, and fresh soups.

																		Better Choice Recommendations				
Manufacturer	Food item description	Package or serving size (fluid ounces)	Weight (grams [g])	General Standard met: 1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	Calories: ≤200	Fat (g)	% Calories from fat: ≤35%	Saturated fat (g)	% Calories from Saturated fat: <10%	Sodium (mg): ≤200 mg	Fiber (g)	Total sugars (g): ≤15 g	Standard met: No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols	Standard met: No chemically altered fat substitutes	Standard met: No caffeine	Vendors	Product code and notes	Review date	No artificial flavors or colors	No high fructose com syrup	At least 2.5 grams of fiber	100% whole grain (applies only if contains grains)
None																						