



Useful nutrition tips from
Natalie Greene, RD

I love suggestions, so if you would like to submit a topic for a future tip, please email it to me.

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Soup Suggestions

Look for soups that fit the following guidelines per 1 cup serving:

- 250 calories** or less
- 3 grams of fat** or less
- 3 grams of fiber** or more
- 600 mg of sodium** or less

Eating at home:

Healthy Choice, Old-Fashioned Chicken Noodle= **100 cal & 1.5 g fat**

Progresso Healthy Favorites, Minestrone= **120 cal & 2 g fat**

Eating out:

Avoid cream-based soups like New England Clam Chowder and Lobster Bisque.

Choose tomato-based or broth-based soups like Manhattan Clam Chowder or Miso Soup.

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