

GLNC PRODUCT AUDIT HIGHLIGHTS - SOUPS

JULY 2018

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 – key findings included:



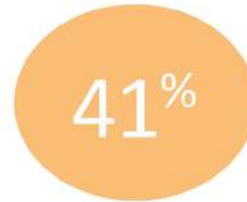
The number of soups containing whole grains has doubled since 2016*.



Met the voluntary sodium reduction target of 290mg/100g.



Were at least a source of fibre, containing 2g or more per serve.



Had a Health Star Rating of 3.5 or above.



More soups contained legumes since 2016 - a total of 73 products*.



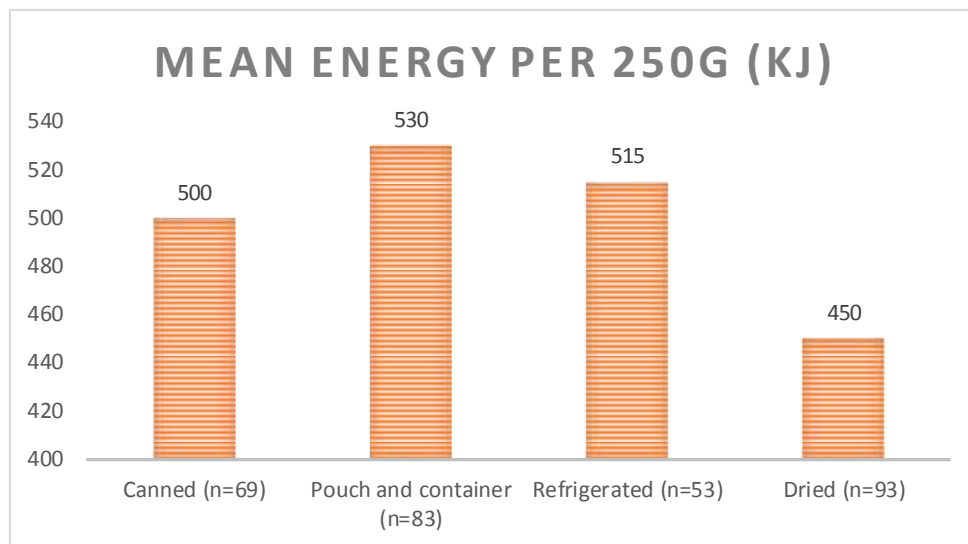
Were a source of protein, containing 5g or more per serve.

*Excluding all dry soups.

TOP TIPS

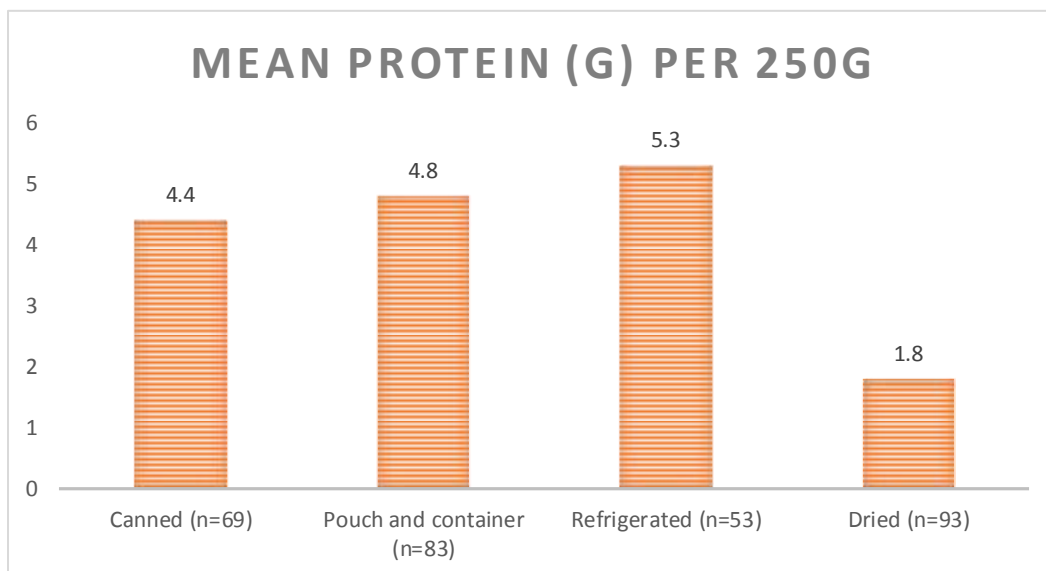
- When buying soups, look for varieties with quinoa, brown rice, buckwheat, barley and whole grain pasta to help meet your whole grain target.
- More than one-third of pre-prepared soups contain legumes, which are rich in protein and fibre. Check for ingredients like:
 - o Chickpeas, lentils, peas and 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.
 - o Aim for options with less than 270mg sodium/100ml.

Energy:



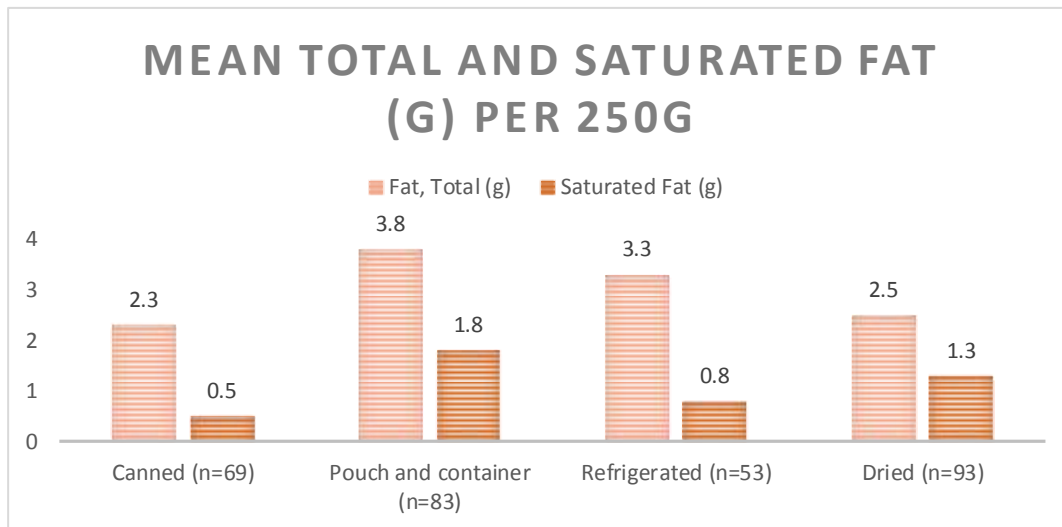
On average, all soups were fairly low in energy, with an average of 480kJ/250g serve. Dried soups were the lowest (average 450kJ/250g), while pouch/container soups were the highest with 530kJ/250g.

Protein:



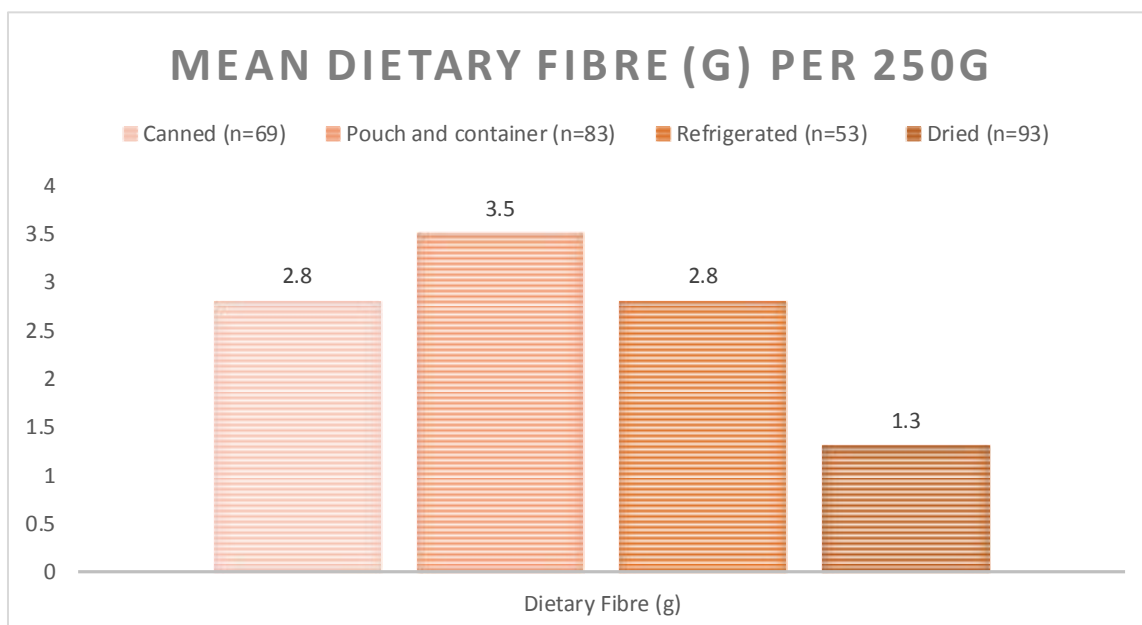
Refrigerated soups were the highest in protein of all categories, with an average of 5.3g/250g – three times more than dried soups, which had 1.8g/250g serve on average - protein is important in keeping us full between meals.

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:



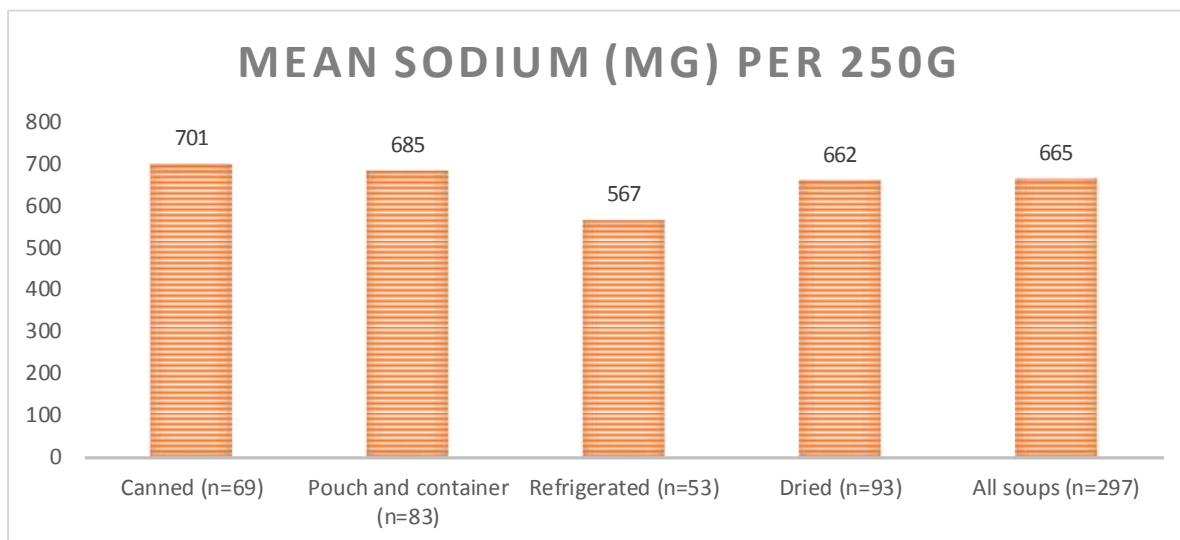
Key for digestive health, and to make a meal more satisfying, fibre information wasn't displayed on nearly a quarter of all soups. Of those that did, 35% were eligible to make a fibre claim on-pack (with ≥ 2 g per serve). Pouch/container soups had the highest average fibre content (3.5g/250g), compared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

Grains & Legumes Nutrition Council Limited ABN 22 117 442 510

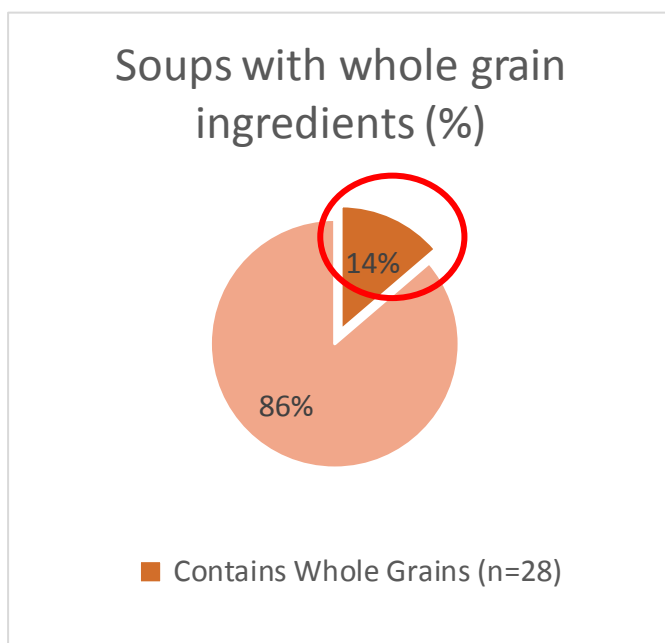
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Sodium:



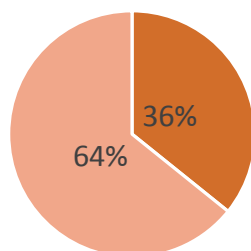
Many soups are high in sodium, as it helps with shelf stability, and boosts flavour. Total soups had an average of 665mg/250g, which makes up around 33% of the Suggested Dietary Target.¹ Sodium was highest in canned soup (701mg/250g), and lowest in refrigerated soup (567mg/250g). While only 3% of soups 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).



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 (%)

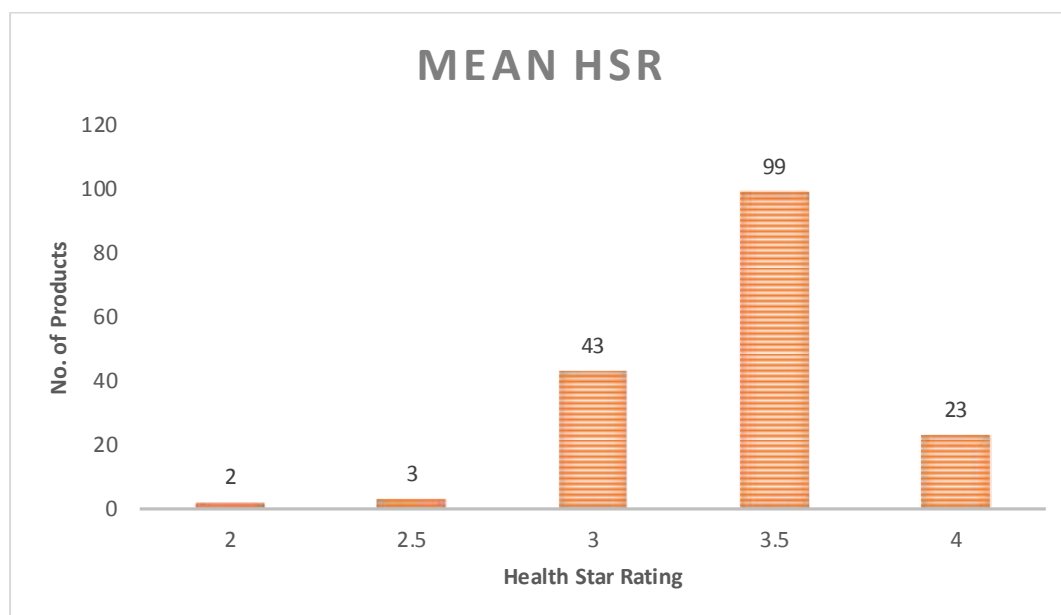


- Contains Legumes (n=73)
- No Legumes (n=131)

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.

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>