

Foods are evaluated for compliance with the Connecticut Nutrition Standards (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. For more information, see *Submitting Food and Beverage Products for Approval* (<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FBlist/SubmitProduct.pdf>).

The CSDE's *List of Acceptable Foods and Beverages* 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, see *Contact Information for Vendors* (<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FBlist/VendorContact.pdf>).

NOTE: The approval below is only for the **soup as listed**. If the soup is sold a la carte combined with any other food item (e.g., crackers or croutons) the nutrition information for that food item must be added to the nutrition information for the entree item to determine if the soup as sold still complies with the CNS. 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.

**SOUPS, including
canned, frozen, dried and
fresh**

SOUPS																			BETTER CHOICE RECOMMENDATIONS Choose products that meet all recommendations.				
			General Standards	Nutrient Standards																			
Manufacturer	Food Item	Package or Serving Size	General Standard Criteria 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?	Vendor	Notes	Date of Review	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)
Flemming's Soup	Heart Healthy Vegetable Soup, Ready-to-Eat, 1 cup	8 fl oz	FG	80	1.0	11.3%	0.0	0.0%	0	yes	200	3	4	yes	yes	yes	Flemming's Soup	UPC 8-61293-00001-2	1/5/16	X	X	X	NA