

# Top Supermarket Soups

There are endless choices when you're looking for a store-bought soup. Choose one of these, and you know you're making a nutritious choice!



**Darikay Lentil** with 176 calories, 11.3g protein, 8g fibre and 806mg sodium per serve. This is a great vego option.



**Darikay Lamb Mediterranean** with 152 calories, 12.4g protein, 5.5g fibre and 828mg sodium per serve.



**Coles Pulled Lamb, Pearl Barley & Lentil** with 100 cal, 4.9g protein, 3.2g fibre & 658mg sodium per serve.



**LaZuppa Tuscan Chicken & Vegetable** with only 100 calories but 7.8g protein, 5.7g fibre & 694mg sodium



**Amy's Kitchen Lentil Vegetable** with 133 calories, 5.3g protein & 602mg sodium. No fibre on the label.



**Campbell's Chicken & Sweet Corn** with 109 calories, 5.3g protein, 3.1g fibre & 735mg sodium per serve.