

Campbell's® Condensed Soups

FACT SHEET

Since 1897, *Campbell's*® condensed soups have been an important part of nourishing generations of American families. Each soup is made with wholesome ingredients like farm-grown vegetables and savory meats that contain no artificial flavors to deliver the famous taste people love.

GROWN FROM GOODNESS

- Campbell has its own proprietary seeds, which are used by farmers across the country to grow vegetables including tomatoes, peas and carrots that go into its condensed soups.
- Whenever possible, Campbell sources ingredients from farmers located within 100 miles of its facilities. This enables Campbell to use high-quality, fresh ingredients, reduce the environmental impacts associated with transportation, and support the economies of its local farming communities.
- Campbell has worked with researchers at leading agricultural institutions, such as UC Davis, to develop and disseminate sustainable agricultural practices including integrated pest management, which enable farmers to reduce their reliance on synthetic pesticides, commonly used on farms around the world.
- *Campbell's* condensed soups are never boiled down; rather Campbell chefs simply start with less water – so the soups are full of flavor, not water. *Campbell's* condensed soups also are good for the environment because they are packaged in smaller* cans, which means less steel and fuel are used to deliver each great-tasting serving. Plus the packaging is 100% recyclable!

SOMETHING FOR EVERYONE

There are more than 75 varieties of *Campbell's* condensed soups. For a complete list, visit campbells.com/condensed. Here are a number of the top varieties:

Family Favorites

Campbell's classic condensed soups are family favorites that also come in lower-sodium varieties, which add lower-sodium, natural sea salt to deliver the famous taste people know and love.

- ***Campbell's* 25% Less Sodium Tomato soup**
90 calories, 0g fat, 0g sat fat, 0g trans fat, 0mg cholesterol, 530mg sodium, 1g fiber, 10% DV vitamin A
- ***Campbell's* 25% Less Sodium Chicken Noodle soup**
60 calories, 2g fat, 0.5g sat fat, 0g trans fat, 15mg cholesterol, 660mg sodium, 1g fiber
- ***Campbell's* 25% Less Sodium Cream of Mushroom soup**
110 calories, 8g fat, 1g sat fat, 0g trans fat, 5mg cholesterol, 650mg sodium, 2g fiber



* comparisons made vs. standard non-condensed canned soups

Healthy Request®

Healthy Request soups provide up to 50 percent less sodium than Campbell's regular soups. They're also 98 percent fat-free and low in cholesterol.



- **Campbell's Healthy Request Chicken Noodle soup**
60 calories, 2g fat, 0.5g sat. fat, 10mg cholesterol, 470mg sodium, 1g fiber, 10% DV vitamin A
- **Campbell's Healthy Request Minestrone Soup**
80 calories, 0.5g fat, 0g sat. fat, 0mg cholesterol, 480mg sodium, 3g fiber, 30% DV vitamin A

Classic Selections

These Campbell's condensed soups continue to fill bowls across America with wholesome, delicious goodness.



- **Campbell's Chicken with Rice soup**
70 calories, 1.5g fat, 0.5g sat. fat, 5mg cholesterol, 820mg sodium, 1g fiber, 15% DV vitamin A
- **Campbell's Beef with Vegetables and Barley soup**
90 calories, 1.5g fat, 1g sat. fat, 10mg cholesterol, 890mg sodium, 3g fiber, 25% DV vitamin A
- **Campbell's Minestrone soup**
90 calories, 1g fat, 0.5g sat. Fat, 5mg cholesterol, 960mg sodium, 3g fiber, 40% DV vitamin A

Kids Soups

As part of its ongoing commitment to health and wellness, Campbell recently reduced the sodium in all 12 Campbell's kids soups to meet the government criteria for "healthy" foods. The reformulated varieties are nourishing options that deliver a "kid-approved taste" with the imaginative shapes kids enjoy and nutrition moms appreciate.



- **Campbell's Chicken & Stars soup**
70 calories, 2g fat, 0.5g sat. fat, 5mg cholesterol, 480mg sodium, 1g fiber, 15% DV vitamin A
- **Campbell's® Double Noodle® soup**
110 calories, 2g fat, .5g sat fat, 0g trans fat, 10mg cholesterol, 480mg sodium, 1g fiber, 20% DV vitamin A

Great for Cooking

Campbell's soups aren't just great for eating...they're ideal for cooking.



- **Campbell's Cream of Chicken soup**
120 calories, 8g fat, 2.5g sat. fat, 10mg cholesterol, 870mg sodium, 2g fiber
- **Campbell's Cream of Celery soup**
90 calories, 6g fat, 0.5g sat. fat, 5mg cholesterol, 860mg sodium, 3g fiber

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