

List of Acceptable Foods and Beverages
List 12: Soups

List 12: Soups includes commercial products that meet the CNS soups category, such as canned, frozen, dried, and fresh soups.

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|--------------|-----------------------|--|--------------------|--|----------------|---------|---------------------------|-------------------|-------------------------------------|----------------------|-----------|-------------------------|--|---|---------------------------|---------|------------------------|-------------|---------------------------------|-----------------------------|-----------------------------|--|
| Manufacturer | Food item description | Package or serving size (fluid ounces) | Weight (grams [g]) | General Standard met: 1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF) | Calories: ≤200 | Fat (g) | % Calories from fat: ≤35% | Saturated fat (g) | % Calories from Saturated fat: <10% | Sodium (mg): ≤200 mg | Fiber (g) | Total sugars (g): ≤15 g | Standard met: No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols | Standard met: No chemically altered fat substitutes | Standard met: No caffeine | Vendors | Product code and notes | Review date | 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) |
| None | | | | | | | | | | | | | | | | | | | | | | |
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