



# Tinned Tomato Soup Survey 2016 - Full Data

Notes:

Data per 100g and per portion was collected online and in store from the week commencing 26.01.2016 until 09.02.2016. See CASH website for further information.

Salt content sorted from highest to lowest per 100g

Salt calculated from sodium where necessary

Colour coding according to DH FoP Guidance: Green  $\leq 0.30/100g$ , Amber  $0.30-1.50g$ , red  $>1.50g/100g$ ,  $>1.8g/portion$

Where values were only given per portion, and portion size was known, per 100g information was calculated

Brand Name	Product Name	Size (g)	Suggested portion size (g)	2016 salt (g) per 100g	2016 salt per serve (g)	Meets 2017 max salt target (0.63g per
Batchelors	Batchelors Cream of Tomato Condensed Soup	295	147.5	1.10	1.62	N
Baxters	Baxters Vegetarian Italian Tomato & Basil	400	400	0.90	3.50	N
Amy's Kitchen	Amy's Kitchen Organic Chunky Tomato Soup	400	400	0.70	2.80	N
Baxters	Baxters Favourites Cream of Tomato 400g	400	400	0.70	2.60	N
Biona	Biona Organic Tomato Basil Soup with Aromatic Herbs	680	np	0.70	np	N
Sainsbury's	Sainsbury's Taste the Difference Italian Tomato & Mascarpone Soup	400	200	0.63	1.25	Y
Asda	Asda Smart Price Tomato Soup	400	200	0.60	1.20	Y
Baxters	Baxters Vegetarian Mediterranean Tomato	400	400	0.60	2.50	Y
Heinz	Heinz Cream of Tomato Soup with a Hint of Basil	400	200	0.60	1.10	Y
Heinz	Heinz Classic Organic Cream of Tomato Soup	400	200	0.60	1.20	Y
Heinz	Heinz Cream of Tomato Soup with a Kick of Chilli	400	200	0.60	1.10	Y
Heinz	Heinz Cream of Tomato Soup with Fiery Mexican Spices	400	200	0.60	1.10	Y
Morrisons	Morrisons Savers Tomato Soup	400	200	0.60	1.30	Y
Sainsbury's	Sainsbury's Basics Creamed Tomato Soup	400	200	0.60	1.20	Y
Tesco	Tesco Cream Of Tomato Soup	400	200	0.60	1.10	Y
Tesco	Tesco Everyday Value Tomato Soup	400	200	0.60	1.20	Y
Tesco	Tesco Finest Italian Tomato & Mascarpone Soup	400	200	0.60	1.10	Y
The Co-operative	The Co-operative Loved by Us Cream of Tomato Soup	400	200	0.60	1.20	Y
Weight Watchers from Heinz	Weight Watchers from Heinz Tomato Soup	295	295	0.60	1.70	Y
Aldi	Aldi Soupreme Classics Cream of Tomato Soup	400	200	0.58	1.20	Y
Asda	Asda Chosen by You Classic Cream of Tomato Soup	400	200	0.58	1.16	Y
Lidl	Lidl Newgate Cream of Tomato Soup	400	200	0.58	1.20	Y
Campbell's	Condensed Soup Cream of Tomato	295	295	0.56	1.66	Y
Sainsbury's	Sainsbury's Cream of Tomato Soup	400	200	0.56	1.12	Y
Batchelors	Batchelors Low Fat Tomato Condensed Soup	295	147.5	0.54	1.57	Y
Sainsbury's	Sainsbury's Be Good to Yourself Tomato Soup	400	200	0.53	1.05	Y
Crosse & Blackwell	Crosse & Blackwell Chunky Tomato & Basil Soup	400	200	0.50	1.00	Y
Crosse & Blackwell	Crosse & Blackwell Cream of Tomato Soup	400	200	0.50	1.00	Y
Heinz	Heinz Classic Cream of Tomato Soup	400	200	0.50	1.10	Y

Brand Name	Product Name	Size (g)	Suggested portion size (g)	2016 salt (g) per 100g	2016 salt per serve (g)	Meets 2017 max salt target (0.63g per
Heinz	Heinz Classic Cream of Tomato Soup	300	300	0.50	1.60	Y
Heinz	Heinz Reduced Salt Cream of Tomato Soup	400	200	0.50	0.90	Y
Heinz	Heinz Farmers' Market Inspired Plum Tomato + Basil Soup with Creme Fraiche 400g	400	200	0.50	1.10	Y
Tesco	Tesco Healthy Living Tomato Soup	400	200	0.50	1.00	Y
Waitrose	Waitrose Essential Cream of Tomato Soup	400	200	0.50	1.00	Y
Waitrose	Waitrose Tomato & Basil Soup	400	400	0.50	2.00	Y
Weight Watchers from Heinz	Weight Watchers from Heinz Tomato & Basil Soup	295	295	0.50	1.40	Y
Waitrose Duchy	Waitrose Duchy Organic Tomato & Basil Soup	300	300	0.48	1.43	Y
Marks & Spencer	Marks & Spencer Tomato & Basil Soup With Extra Virgin Olive Oil	400	200	0.45	0.90	Y
Marks & Spencer	Simply M&S Cream of Tomato Soup	400	200	0.45	0.90	Y
Aldi	Aldi Soupreme Kitchen Creations Tomato, Basil & Crème Fraiche Soup	400	200	0.43	0.86	Y
Sainsbury's	Sainsbury's Tomato & Basil Soup	400	200	0.43	0.85	Y
Heinz	Heinz Balance 25% Less Salt Cream of Tomato Soup	400	200	0.40	0.80	Y
Lidl	Lidl Newgate Rustic Tastes Plum Tomato & Basil Soup with Crème Fraiche	400	200	0.40	0.80	Y
Marks & Spencer	Marks & Spencer Tomato & Basil Soup With Extra Virgin Olive Oil New Recipe	400	200	0.40	0.80	Y
Morrisons	Morrisons Cream of Tomato Soup	400	200	0.40	0.80	Y
Morrisons	Morrisons Signature Italian Tomato & Mascarpone Soup	400	200	0.35	0.69	Y



# Soup Survey 2010 - Tomato Soup Extract

Notes:

Tinned tomato soup extract from previous CASH survey in 2010. See CASH website for further information.

Salt calculated from sodium where necessary

Colour coding according to DH FoP Guidance: Green  $\leq 0.30/100g$ , Amber  $0.30-1.50g$ , red  $>1.50g/100g$ ,  $>1.8g/portion$

Where values were only given per portion, and portion size was known, per 100g information was calculated

Brand Name	Product Name	Pack Size (g)	Serving Size (g)	Salt (g) per 100g	Salt (g) per portion
Batchelors/Campbells	Cream of Tomato Condensed Soup	295	np	0.85	np
Look What We Found	Cream of Tomato Soup	300	np	0.8	np
Heinz Classic	Cream of Tomato Soup	400	200	0.75	1.4
Heinz Classic	Cream of Tomato Soup with basil	400	200	0.75	1.4
Heinz Classic	Organic Cream of Tomato Soup	400	200	0.75	1.3
Loyd Grossman	Tomato and Basil	400	pn	0.7	np
Baxters Vegetarian	Italian Tomato with Basil	415	207.5	0.70	1.50
Tesco	Cream of Tomato Soup	400	200	0.7	1.3
Waitrose Essential	Cream of Tomato	425	212.5	0.63	1.25
Heinz Weight Watchers	Tomato Soup	295	295	0.6	1.7
Tesco light Choices	Tomato Soup	400	200	0.6	1.1
Morrison's	Cream of tomato soup	400	200	0.6	1
Batchelors/Campbells	Low Fat Tomato Condensed Soup	295	np	0.54	np
Sainsbury's Organic	Tomato & Basil Soup	400	200	0.53	1.05
Waitrose, canned	Tomato & Basil Soup	415	207.5	0.53	1.05
Morrison's	Tomato Soup	400	200	0.5	1
Sainsbury's Taste the	Tomato & Basil Soup, pouch	300	300	0.5	1.5
Heinz Weight Watchers	Tomato & Basil Soup	295	295	0.5	1.3
Marks & Spencer's	Cream of Tomato	415	207.5	0.50	1.02
ASDA	Cream of Tomato	400	200	0.5	1
ASDA	Spicy Tomato Soup	400	200	0.5	1.0
Baxters Favourites	Cream of Tomato	415	207.5	0.5	1.0
Baxters Vegetarian	Mediterranean Tomato	415	207.5	0.5	1.0
Sainsbury's	Cream of Tomato Soup	400	200	0.48	0.95
Sainsbury's Basic	Creamed Tomato Soup	400	200	0.48	0.95
Sainsbury's Microwave Soup	Tomato, Basil & Chilli	340	340	0.40	1.36
Heinz Farmers Market	Plum Tomato & Basil with Croutons	515	257.5	0.4	1.3

Brand Name	Product Name	Pack Size (g)	Serving Size (g)	Salt (g) per 100g	Salt (g) per portion
Tesco Value	Tomato Soup	400	200	0.4	1.1
Morrison's Eat Smart	Tomato soup	400	200	0.3	1.6
Tesco Micro Soup	Tomato & Basil	330	330	0.3	1
The Co-operative Healthy Living	Tomato Soup	400	200	0.3	0.6
ASDA Good For You	Tomato & Basil	400	200	0.3	0.5



# Soup Survey 2007 - Tomato Soup Extract

Notes:

Ambient tomato soup extract from previous CASH survey in 2007. See CASH website for further information.

Salt calculated from sodium where necessary

Colour coding according to DH FoP Guidance: Green  $\leq 0.30/100g$ , Amber  $0.30-1.50g$ , red  $>1.50g/100g$ ,  $>1.8g/portion$

Where values were only given per portion, and portion size was known, per 100g information was calculated

Brand/ Retailer	Product	Pack Size (g)	Serving Size (g)	Salt (g) per 100g	Salt (g) per portion
Baxters Vegetarian - Canned	Tomato and Orange	415	207.5	1.3	2.6
Seeds of Change	Creamy Tomato	350	350	1.13	3.94
Asda - Canned, Smart Price	Tomato	400	200	1.0	2.1
Co-op - Canned	Cream of Tomato	400	200	1	2.0
Somerfield - Canned	Cream of Tomato	400	200	1	2.0
Somerfield - Canned, Simply Value	Tomato	400	200	1	2.0
Waitrose - Canned	Cream of Tomato	425	212.5	0.90	1.9
Baxters Vegetarian - Canned	Mediterranean Tomato	415	207.5	0.8	1.7
Tesco - Canned, Value	Tomato	400	200	0.8	1.6
Tesco - Canned	Cream of Tomato	400	200	0.8	1.5
Loyd Grossman	Tomato and Basil	400	400	0.7	2.8
Baxters Soup Choices (pouch soups)	Velvety Tomato and Mediterranean Herb	300	300	0.7	2.1
Heinz Weight Watchers - Pouch	Tomato and Basil	np	300	0.7	2.0
Baxters Vegetarian - Canned	Italian Tomato with Basil	415	207.5	0.7	1.5
Marks and Spencer - Canned	Cream of Tomato	415	207.5	0.7	1.5
Marks and Spencer - Canned	Tomato and Basil	415	207.5	0.7	1.5
Sainsbury's - Canned, Organic	Tomato and Basil	400	200	0.7	1.5
Heinz - Canned	Cream of Tomato	400	200	0.7	1.4
Waitrose - Canned	Tomato and Basil	415	207.5	0.68	1.5
Heinz Weight Watchers - Canned	Tomato	295	295	0.6	1.7
Sainsbury's - Canned, Basics	Cream of Tomato	400	200	0.6	1.2
Tesco - Canned, Healthy Living	Tomato	400	200	0.5	1.1
Asda - Canned	Cream of Tomato	400	200	0.5	1.0
Baxters Favourites - Canned	Cream of Tomato	415	207.5	0.5	1.0

Brand/ Retailer	Product	Pack Size (g)	Serving Size (g)	Salt (g) per 100g	Salt (g) per portion
Morrisons - Canned	Cream of Tomato	400	200	0.5	1.0
Sainsbury's - Canned	Cream of Tomato	400	200	0.5	1.0
Tesco - Pouch, Finest	Tomato and Basil	400	200	0.5	0.9