



NEW!

GOOD NATURED
SOUP

FACT SHEET

CELEBRATE THE JOY OF VEGETABLES

Many people are trying to eat more veggies in an effort to live a healthy and wholesome lifestyle. It's recommended that we should consume 3-5 servings of vegetables per day*, but that can be difficult.

To help, we've made getting more vegetables easy and convenient, and introduced Good Natured soups new from Progresso™ in three hearty vegetable soup flavors: Hearty Tomato with Spinach and Roasted Garlic, Hearty Lentil with Garden Vegetables, and Hearty Corn and Chipotle Chowder.

Soups so hearty and delicious, you'll forget it's only made with the good stuff. It's vegan and has no preservatives or colors from artificial sources. We take vegetables, beans, and seasonings then whip them into delicious soups!



PREPARATION

is easy and fuss-free in the microwave or on the stovetop

PRODUCT BENEFITS

3/4 CUP VEGGIES PER SERVING

NO MSG ADDED

VEGAN

NO PRESERVATIVES FROM ARTIFICIAL SOURCES

NO COLORS FROM ARTIFICIAL SOURCES

NO ARTIFICIAL FLAVORS

PACKAGING **MADE FROM** RENEWABLE RESOURCES

SOUP
SO
DELICIOUS

Good Natured soups are available nationally in the soup aisle and have a suggested retail price of \$3.29 per 17-ounce Tetrapak carton (2 servings). For more information go to www.progresso.com.

*Source: U.S. Department of Agriculture/U.S. Department of Health and Human Services; Food Guide Pyramidzdbdfb



HEARTY TOMATO WITH SPINACH AND ROASTED GARLIC

Includes diced tomatoes, carrots, celery, spinach, onions, red bell peppers, navy bean powder and is seasoned with basil, sea salt, garlic, onion powder, black pepper, smoked paprika, fennel seed, thyme and rosemary for a burst of flavors.

HEARTY LENTIL WITH GARDEN VEGETABLES

Blends fire roasted carrots, tomato paste, roasted onions, green lentils, roasted red bell peppers, green sweet peppers, celery, and black bean powder and seasoned with sea salt, onion powder, roasted garlic, smoked paprika, and organic thyme, cumin and cayenne pepper powder.

HEARTY CORN AND CHIPOTLE CHOWDER

Combines corn, red bell peppers, and pinto bean powder to make the soup rich and creamy. It's seasoned with a touch of garlic, sea salt, chipotle pepper puree and smoked paprika.

Nutrition Facts	
Serving Size 1 cup (256g)	
Servings Per Container about 2	
Amount Per Serving	
Calories 110	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 690mg	29%
Total Carbohydrate 20g	7%
Dietary Fiber 5g	21%
Sugars 9g	
Protein 4g	
Vitamin A 90% • Vitamin C 0%	
Calcium 8% • Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Ingredients: Water, Diced Tomatoes in Tomato Juice, Carrot Puree, Tomato Paste, Carrots, Celery, Spinach, Onions, Red Bell Peppers, Cooked Navy Bean Powder. Contains less than 2% of: Organic Extra Virgin Olive Oil, Basil, Organic Sugar, Sea Salt, Tomato Extract, Dried Roasted Garlic, Organic Onion Powder, Organic Black Pepper, Smoked Paprika, Organic Fennel Seed Powder, Calcium Chloride, Organic Thyme, Citric Acid, Rosemary.	
DISTRIBUTED BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55440 USA	
PRODUCT OF CANADA © General Mills	

Nutrition Facts	
Serving Size 1 cup (253g)	
Servings Per Container about 2	
Amount Per Serving	
Calories 130	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 690mg	29%
Total Carbohydrate 26g	9%
Dietary Fiber 7g	27%
Sugars 7g	
Protein 7g	
Vitamin A 70% • Vitamin C 0%	
Calcium 4% • Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Ingredients: Water, Fire Roasted Carrots, Carrot Puree, Tomato Paste, Roasted Onion, Green Lentils, Roasted Red Bell Peppers, Green Sweet Peppers, Celery, Cooked Black Bean Powder. Contains less than 2% of: Tomato Extract, Sea Salt, Organic Onion Powder, Dried Roasted Garlic, Smoked Paprika, Organic Thyme, Organic Vinegar, Organic Cumin, Organic Cayenne Pepper Powder.	
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Nutrition Facts	
Serving Size 1 cup (253g)	
Servings Per Container about 2	
Amount Per Serving	
Calories 150	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 660mg	28%
Total Carbohydrate 28g	9%
Dietary Fiber 4g	17%
Sugars 6g	
Protein 5g	
Vitamin A 8% • Vitamin C 0%	
Calcium 2% • Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Ingredients: Water, Corn Puree, Corn, Red Bell Peppers, Onions, Green Sweet Peppers, Cooked Pinto Bean Powder. Contains less than 2% of: Garlic, Tomato Extract, Sea Salt, Organic Extra Virgin Olive Oil, Chipotle Pepper Puree, Organic Vinegar, Smoked Paprika.	
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