



## PRODUCT FACT SHEET

**American Heart Association**



Products displaying the heart-check mark meet American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.

[heartcheckmark.org](http://heartcheckmark.org)

Campbell has been a proud national supporter of the American Heart Association for four years, underscoring a company history that exceeds 25 years of making products that fit into a heart-healthy lifestyle.

Campbell offers a growing variety of great-tasting products that can be part of a heart-healthy diet. This includes all 25 *Campbell's*® *Healthy Request*® soups, Low Sodium V8® 100% vegetable juice, V8 V-Fusion® 100% juice, *Swanson*® Premium Chicken and *Prego*® Heart Smart Italian sauces.

Visit [CampbellsAddressYourHeart.com](http://CampbellsAddressYourHeart.com) for more information.

### About *Campbell's*® *Healthy Request*® Soups

The heart-check mark makes it easy to identify heart-healthy products in the grocery store and is proudly displayed on all of our *Campbell's Healthy Request* soups, indicating they have been screened and verified to meet the American Heart Association's certification criteria for fat, saturated fat, trans fat and cholesterol. In addition, they have been controlled for sodium and contain a good source of a positive nutrient, such as vitamin A.



#### ***Campbell's*® *Healthy Request*® Condensed Soups**

Ten varieties of your favorite *Campbell's Healthy Request* condensed soups, including Chicken Noodle, Tomato and Cream of Mushroom, are great to enjoy as part of a heart-healthy meal or to make a healthy recipe.



#### ***Campbell's*® *Select Harvest*® *Healthy Request*® Soups**

Six heart-healthy ready-to-serve soups (including two microwavable bowls), in flavors like Italian-Style Wedding and Mexican-Style Chicken Tortilla, are made from high-quality ingredients people can readily recognize on the label. Like all *Select Harvest* soups, the *Healthy Request* varieties are made with ingredients like 100% natural chicken and do not contain artificial flavors.



#### ***Campbell's*® *Chunky*™ *Healthy Request*® Soups**

Nine ready-to-serve hearty soups (including two microwavable bowls) feature big chunks of lean meat and savory vegetables. These heart-healthy varieties are available in flavors like Sirloin Burger and Grilled Chicken and Sausage Gumbo.

### About Low Sodium V8® 100% Vegetable Juice



Low Sodium V8 100% vegetable juice offers vegetable nutrition and zesty taste with two full servings of vegetables in every 8-ounce glass. It's also an excellent source of potassium, which helps maintain fluid balance and normal heart rhythm. Diets high in foods that are a good source of potassium and low in sodium may reduce the risk of high blood pressure and stroke.

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**About V8 V-Fusion® 100% Juice**



V8 V-Fusion 100% juice is an innovative 100% juice blend that delivers vegetable nutrition that tastes like fruit. Made from a delicious assortment of vegetable and fruit juices, V8 V-Fusion juice combines the juice of colorful vegetables such as purple carrots, yellow tomatoes and red beets with fruit juices of strawberries, mangoes or exotic berries. Each 8-ounce glass of V8 V-Fusion 100% juice delivers a full serving of vegetables and a full serving of fruit (½ cup of vegetables and ½ cup of fruit) and contains powerful antioxidants A, C and E. Plus, it has no added sugar. Three varieties of V8 V-Fusion Light offer a combined serving of vegetables and fruit in a lower-calorie blend.



**About Prego® Heart Smart Italian Sauce**

Prego Heart Smart Italian Sauces are made with heart-healthy levels of sodium and fat, 25% less sodium than the regular varieties. Each ½ cup serving delivers a full serving of vegetables, contains a good source of fiber and is cholesterol free. All five varieties of Prego Heart Smart have the same great taste you've come to know with Prego, having the perfect balance of sweet tomato taste and savory Italian seasonings.

**About Swanson® White Premium Chunk Chicken Breast**



Swanson Premium Chunk Chicken is a convenient yet healthy shortcut ingredient for delicious dishes from sandwiches and salads, to soups and casseroles. And Swanson White Premium Chunk Chicken is made with only white chicken breast, contains no preservatives or artificial flavors, and is 98% fat free.

*\*Please see accompanying nutrition chart*

## Nutrition Chart

<b>Campbell's® Healthy Request® Condensed Soups</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Dietary Fiber (g)</b>	<b>Vitamin A % DV</b>	<b>Potassium (mg)</b>
Chicken Noodle Soup	60	2	0.5	0	10	410	1	15	450
Chicken Rice Soup	70	1.5	0.5	0	5	410	1	15	610
Cream of Celery Soup	70	2	0.5	0	5	410	1	4	600
Minestrone Soup	80	0.5	0	0	0	410	3	30	830
Cream of Chicken Soup	80	2.5	1	0	5	410	1	10	750
Cream of Mushroom Soup	70	2	0.5	0	5	410	1	0	780
Homestyle Chicken Noodle Soup	70	2	0.5	0	10	410	1	10	440
Tomato Soup	90	1.5	0.5	0	0	410	1	8	700
Vegetable Soup	100	1	0	0	0	410	3	50	500
Vegetable Beef Soup	90	1	0.5	0	5	410	3	50	920

Nutrition information based on a ½ cup serving (1 cup when prepared with water)

Suggested retail price: \$1.49-\$1.59

<b>Campbell's® Chunky™ Healthy Request® Soups</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Dietary Fiber (g)</b>	<b>Vitamin A % DV</b>	<b>Potassium (mg)</b>
Chicken Corn Chowder	140	3	1	0	10	410	2	20	1000
Classic Chicken Noodle Soup	120	2.5	1	0	10	410	2	30	700
Grilled Chicken & Sausage Gumbo	140	3	1	0	15	410	3	15	600
New England Clam Chowder	130	3	1	0	10	410	2	0	1000
Old Fashioned Vegetable Beef Soup	120	2	1	0	10	410	3	30	1100
Sirloin Burger with Country Vegetables Soup	130	2	1	0	15	410	3	40	980
Vegetable Soup	120	1	0.5	0	0	410	4	40	1050

Nutrition information based on 1 cup serving.

Suggested retail price: \$2.29-\$2.39

<b>Campbell's® Select Harvest® Healthy Request® Soups</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Dietary Fiber (g)</b>	<b>Vitamin A % DV</b>	<b>Potassium (mg)</b>
Savory Chicken and Brown Rice Soup	120	2	0.5	0	15	410	1	20	1000
Chicken with Whole Grain Pasta Soup	100	2	0.5	0	20	410	1	20	700
Italian-Style Wedding Soup	110	2.5	1	0	10	410	2	10	700
Mexican-Style Chicken Tortilla Soup	140	2	1	0	15	410	2	10	780

Nutrition information based on 1 cup serving.

Suggested retail price: \$2.39-\$2.49

<b>Campbell's® Select Harvest® Healthy Request® Microwavable Bowls</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Dietary Fiber (g)</b>	<b>Vitamin A % DV</b>	<b>Potassium (mg)</b>
Italian-Style Wedding Soup	120	3	1	0	10	410	2	10	700
Mexican-Style Chicken Tortilla Soup	130	2	0.5	0	10	410	2	10	770

Nutrition information based on 1 cup serving.

Suggested retail price: \$2.45-\$2.49

<b>Campbell's® Chunky™ Healthy Request® Microwavable Bowls</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Dietary Fiber (g)</b>	<b>Vitamin A % DV</b>	<b>Potassium (mg)</b>
Classic Chicken Noodle Soup	120	2.5	1	0	15	410	1	20	750
Grilled Chicken & Sausage Gumbo	130	3	1	0	10	410	2	10	780

Nutrition information based on 1 cup serving.

Suggested retail price: \$2.54-\$2.59

<b>Low Sodium V8® 100% Vegetable Juice</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Dietary Fiber (g)</b>	<b>Vitamin A % DV</b>	<b>Potassium (mg)</b>
Low Sodium V8® 100% Vegetable Juice	50	0	0	0	0	140	2	40	820

Nutrition information based on 8-ounce serving.  
Suggested retail price: Ranges from \$0.85 to \$3.79

<b>V8 V-Fusion® 100% Vegetable and Fruit Juice</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Dietary Fiber (g)</b>	<b>Vitamin A % DV</b>	<b>Potassium (mg)</b>
Goji Raspberry	110	0	0	0	0	70	0	15	500
Passionfruit Tangerine	110	0	0	0	0	70	0	15	600
Acai Mixed Berry	110	0	0	0	0	70	0	15	240
Tropical Orange	120	0	0	0	0	80	0	80	290
Pomegranate Blueberry	100	0	0	0	0	60	0	15	280
Light Pomegranate Blueberry	50	0	0	0	0	60	0	10	150
Strawberry Banana	120	0	0	0	0	70	0	70	250
Light Strawberry Banana	50	0	0	0	0	40	0	35	150
Peach Mango	120	0	0	0	0	70	0	20	210
Light Peach Mango	50	0	0	0	0	160	0	35	160

Nutrition information based on 8-ounce serving.  
Suggested retail price: \$1.59 for 12-ounce bottle, \$3.99 for 46-ounce bottle

<b>Prego® Heart Smart Italian Sauce</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Dietary Fiber (g)</b>	<b>Vitamin A % DV</b>	<b>Protein (g)</b>
Heart Smart Traditional Italian Sauce	90	3	1	0	0	430	3	10	2
Heart Smart Fresh Mushroom Italian Sauce	100	3	.5	0	0	410	3	10	2

Nutrition information based on ½ cup serving.  
Suggested retail price: \$2.69

<b>Swanson® White Premium Chunk Chicken Breast</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Dietary Fiber (g)</b>	<b>Vitamin A % DV</b>	<b>Protein (g)</b>
Swanson® White Premium Chunk Chicken Breast	50	1	0	0	25	260	0	0	9

Nutrition information based on serving size of 2 oz.  
Suggested retail price: \$3.30 for 9.75 oz

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