

Tips to Choosing a Healthy Chicken Noodle Soup

Tip 1: Read the ingredient list

- Whole grain noodles are best! Try and stay away from processed or enriched flour because most of the natural vitamins and minerals have been extracted.
- Stay away from flavour enhancers and additives such as Monosodium Glutamate (MSG)

Tip 2: Keep the Salt down!

- Aim for the total sodium to be under 300 mg per serving
- Add some fresh herbs or spices (such as basil, oregano, ginger) to enhance the flavour

Tip 3: Homemade chicken noodle soup

- Making homemade chicken noodle soup puts you in the drivers seat when it comes to ingredients and nutritional value.
- Create your own chicken broth and try out our recipe: [Super Immune Boosting Chicken Soup](#)