

WHICH IS THE BETTER BRAND TO CHOOSE?

What is in the prepackaged foods we choose to eat matters.

Below is a comparison of two different brands of chicken broth. A healthy dish made with the wrong chicken broth can unintentionally yield unwanted results. Of course, homemade chicken broth is the best choice. But when that option is not available, the next best choice out of the two options below is the Imagine Chicken Broth. At the bottom of the table is a comparison chart comparing the ingredients.

To summarize, regular table salt is difficult for the body to break down and can impact blood pressure and upset the sodium/potassium balance which is crucial to energy and maintaining a healthy body weight. Sea salt is easier for the body to use and is, therefore, a better option.

Anyone with digestive issues, bloating or an inability to lose weight will want to avoid yeast extract, dextrose and vegetable oils, including corn, canola and soybean oils. These ingredients can cause slight irritations in the gut that are so slight they often go unnoticed; however, the effect is like picking the scab off a wound so that the wound never has an opportunity to heal.

Weight loss and brain health is connected to gut health. If your goal is to lose weight, focus on improving your digestive system and healing the gut, and that's half the battle. Being very selective in the pre-packaged foods you select may appear to be a small, seemingly insignificant dietary change, and yet it can have surprisingly impactful results because it removes slight irritations, that once removed, give the gut and opportunity to heal.

It is interesting to note that although the Imagine brand is made with higher quality ingredients and less additives, it contains more calories, carbohydrates, and cholesterol than Campbell's. Not by much, but it is more. We have been conditioned to think less calories, less carbohydrates and less cholesterol is better, however, as this comparison proves, that is not necessarily the case. If you only look at the "numbers", i.e. the Nutrition Facts, and don't consider the quality of the ingredients, it is very easy to choose a lower quality product. I originally went to Campbell's website to find the Nutrition Facts/Ingredients of their chicken broth. On their website, the sodium was listed as being much lower, however it did not indicate the serving size. I was able to find the label with the serving size on Walmart's website and the sodium was over twice as high, so always be sure to check the serving size.

I believe the Imagine brand can be purchased at Walmart. If you have any questions, please ask!

Campbell's 30% Less Sodium Ready to Use Chicken Broth	Imagine Low Sodium Free Range Chicken Broth
Ingredients: CHICKEN BROTH (WATER, CHICKEN STOCK), SALT, YEAST EXTRACT (BARLEY), NATURAL FLAVOUR, DEXTROSE, VEGETABLE OIL (CORN, CANOLA AND/OR SOYBEAN).	Ingredients: ORGANIC CHICKEN BROTH (FILTERED WATER, ORGANIC CHICKEN), ORGANIC ONIONS, ORGANIC CELERY, ORGANIC CARROTS, NATURAL CHICKEN FLAVOUR, ORGANIC SPICES, SEA SALT
Serving Size – 1 cup Sodium – 630 mg/serving	Serving Size – 1 cup Sodium – 115 mg

WHICH IS THE BETTER BRAND TO CHOOSE?

Potassium – 40 mg/serving Vitamin A – 0% Calcium – 1% Iron – 1% Fat – 0 g Cholesterol – 0 g Carbohydrates – 1 g Calories - 10	Potassium – Not listed Vitamin A – 6% Calcium – 0% Iron – 0% Fat – 1 g Cholesterol – 5g Carbohydrates – 2 g Calories – 20
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COMPARISON

Chicken Broth Water Chicken Stock (they don't even use chicken!) Salt Yeast Extract Dextrose Both contain flavour No vegetables Vegetable oil (corn, canola or soybean) Contains 5.5 times more sodium Contains 1% calcium and iron Contains less calories, carbohydrates and cholesterol	vs	Organic Chicken Broth Filtered water Organic Chicken (free range chicken) Sea Salt No Yeast Extract but use organic spices No Dextrose Both contain flavour Vegetables (onions, carrots, celery) No vegetable oil Well below target sodium of 250 mg/meal Contains 6% vitamin A Contains more calories, carbohydrates and cholesterol
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References:

1. [https://www.campbellsoup.ca/product/campbells-30-less-sodium-ready-to-use-chicken-broth-2/#:~:text=CHICKEN%20BROTH%20\(WATER%2C%20CHICKEN%20STOCK,%2C%20CHICKEN%20FAT%2C%20SPICE%20EXTRACT.](https://www.campbellsoup.ca/product/campbells-30-less-sodium-ready-to-use-chicken-broth-2/#:~:text=CHICKEN%20BROTH%20(WATER%2C%20CHICKEN%20STOCK,%2C%20CHICKEN%20FAT%2C%20SPICE%20EXTRACT.)
2. <https://www.imaginefoods.com/product/low-sodium-free-range-chicken-broth/>
3. <https://www.walmart.ca/en/ip/campbells-30-less-sodium-chicken-broth/6000016954150>