Prepared Soup Comparison Record

Compare the food as it will be prepared.

A label comparison needs a known preparation basis.

Hypothetical example: a family compares equivalent prepared amounts of two soups and notes which optional additions were not included in the calculation.

01 Read the starting product

Identify the soup and its required preparation.

Soup name and package checked

Ready or condensed state

Required liquid and directions

02 Set the comparison basis

Record the sodium figures on a matching basis.

Prepared amount to compare

Sodium figures and units

Supported conversion or unresolved point

Prepared Soup Comparison Record / Review & follow-through

03 Choose the dinner

Choose the meal and explain any unknown additions.

Soup selected and reason

Other food and optional additions

Preparation adult and time

04 Keep the note current

Leave the checked preparation note for the next cook.

Where the preparation note lives

Next package check

Change requiring a new comparison