

# NUTRITIONAL ANALYSIS



**Seasons Care reviewed and performed a nutrition analysis of the 7 soup recipes prepared by Hug in a Bowl, validating their suitability for the use in Senior Living and Healthcare Sector.**

- **Nutrient Density:** The soups offer a balanced contribution of energy, fiber (~3.6 g/serving), and protein (~7.9 g/serving). While they are not intended as stand-alone meals, they support dietary needs when integrated into a full menu, especially with an opportunity to increase protein content for seniors.
- **Hydration Support:** Each soup contributes 250 mL of fluid per serving, which is especially important for older adults who may have reduced thirst cues or fluid intake challenges.
- **Digestive Health:** The inclusion of fiber-rich ingredients (legumes, vegetables, grains) aligns well with nutrition guidelines for promoting bowel regularity and gut health in long-term care and hospital settings.
- **Canada's Food Guide Alignment:** The soups incorporate a variety of plant- and animal-based proteins, vegetables, and grains, supporting a plant-forward approach and providing comfort-focused, familiar flavors.
- **Operational Suitability:** The soups maintain a homestyle appearance with visible vegetables and hearty textures. This is important in promoting food acceptance, especially in older adults where mealtime appeal is key.