



Nutrition Facts

Serving Size 1oz. (28g/ About 21 pieces)

Amount Per Serving

Calories 160 **Calories From Fat** 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol less than 5mg **1%**

Sodium 290mg **12%**

Total Carbohydrate 15mg **5%**

Dietary Fiber 1g **5%**

Sugars 1g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

Vitamin E 6% • Thiamin 2%

Riboflavin 4% • Niacin 4%

Phosphorus 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9g • Carbohydrate 4 • Protein 4

INGREDIENTS: Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, and Folic Acid), Corn and/or Sunflower Oil, Whey, Salt, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), and Less than 2% of the Following: Partially Hydrogenated Soybean Oil, Maltodextrin, Disodium Phosphate, Sour Cream (cultured Cream, Nonfat Milk), Artificial Flavor, Monosodium Glutamate, Lactic Acid, Artificial Colors (including Yellow 6), and Citric Acid.

CONTAINS MILK INGREDIENTS

Not "Discretionary Calories"

According to the 2005 Dietary Guidelines for Americans, "discretionary calories" are those from saturated fat, trans fats and added sugar and should be eaten sparingly.²

Cheetos cheese snacks are not considered a source of discretionary calories because they have 0 grams of trans fat. Virtually all the flavors of *Cheetos* cheese snacks have 2 grams of saturated fat and contain little to no added sugar, depending on the flavor.

Good Fats for Good Cholesterol

Research has shown that the type of fat you eat is more important to your overall health than the amount of fat you eat, within your daily calorie allowance.¹ In addition to total fat content, Nutrition Facts Panels are required to list the saturated and trans fats – "bad" fats. Nutrition Fact Panels may not always specify the amount of "good" unsaturated fats, but you can determine this by subtracting the amount of saturated and trans fats from the amount of total fat. For example in a one-ounce serving of *Cheetos* cheese snacks you find:

10 grams Total Fat

- 2 grams Saturated Fat

- 0 grams Trans Fat

8 grams Unsaturated Fat

Cheetos cheese snacks contain 3 grams of monounsaturated fat and 5 grams of polyunsaturated fat.

A Salty Surprise

Cheetos cheese snacks have a moderate amount of salt, comparable to the amount found in an average slice of bread. They taste saltier than bread because the salt is on the surface, rather than being mixed into the dough and baked in.

Snacking plays a role in most American diets. In fact, there can be some benefits to snacking as part of a healthy diet, if you look for better snack options. It is important to look for better snack options. As with any food, moderation is key to managing weight and well-being.

Most varieties of *Cheetos* cheese snacks are fried primarily in corn oil, but that does not mean they are bad for you. Frying does not change the benefits of corn oil, which is low in saturated fat, contains no trans fats and is high in unsaturated fats. It is important to watch what oils your food is cooked in, regardless of the method of cooking.



Cheetos fun fact

There is real cheddar cheese in the seasoning of *Cheetos* cheese snacks.

References:

- Hu FB, et al., Dietary fat intake and the risk of coronary heart disease in women. *N Engl J Med*, 1997, 337: 1491-9.
- United States Department of Agriculture, 2005. Available at: http://mypyramid.gov/pyramid/discretionary_calories.html
- Lichtenstein AH, et al. Effects of canola, corn and olive oils on fasting and postprandial plasma lipoproteins in humans as part of a National Cholesterol Education Program Step 2 Diet. *Arterioscler Thromb.*, 1993; 13:1533-1542.