



## Nutrition Facts

Serving Size 1oz.(28g/About 32 pieces)

### Amount Per Serving

**Calories** 160      **Calories From Fat** 90

**% Daily Value\***

**Total Fat** 10g      **16%**

Saturated Fat 1.5g      **7%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 170mg      **7%**

**Total Carbohydrate** 15mg      **5%**

Dietary Fiber 1g      **4%**

Sugars less than 1g

**Protein** 2g

Vitamin A 0%      •      Vitamin C 0%

Calcium 2%      •      Iron 0%

Vitamin E 6%      •      Vitamin B6 2%

Phosphorus 4%

\* 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:** Corn, Corn Oil, and Salt.

No Preservatives.

### Chips Are Not “Empty” Calories

According to the 2005 Dietary Guidelines, “discretionary” calories come from solid fats like saturated and trans fat and from added sugar.<sup>1</sup> *Fritos* corn chips are cooked in corn oil so that means they are lower in saturated fat and have 0 grams trans fat. There is little to no added sugar depending on the flavor, therefore *Fritos* corn chips are not “discretionary” calories.

### Good Fats for Good Cholesterol

Americans are encouraged to substitute unsaturated fats (the good fats) for saturated and trans fats (the bad fats). That’s because the good fats have been found to lower LDL (bad) cholesterol and maintain HDL (good) cholesterol, which in turn can lower your risk for heart disease.<sup>2</sup> To achieve this benefit, total daily calories should not increase. *Fritos* corn chips are cooked in corn oil, a source of good unsaturated fats.

One serving of *Fritos* corn chips has 3 grams of poly-unsaturated fats and 6 grams of monounsaturated fats.

### Corn is a Wholesome Grain

A one-ounce serving of *Fritos* corn chips provides 1 to 1 ½ servings of grain. The 2005 Dietary Guidelines suggest that adults should get between 6-7 servings of grain per day.<sup>3</sup>

### Fritos Chips Fit into a Healthier Lifestyle

*Fritos* corn chips are cooked in corn oil. Corn oil, like olive, canola and sunflower oils, is predominantly made up of unsaturated fats (polyunsaturated and monounsaturated), with a small amount of saturated fat and 0 grams trans fat.<sup>4</sup> It is also a source of vitamin E in the American diet.

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. As with any food, moderation is an integral part of managing weight and well-being.

There is no “junk” in *Fritos* Original corn chips; they are made from three quality ingredients: whole corn, corn oil, and salt.

To make *Fritos* Original corn chips we husk, wash and grind the corn, cook it in a corn oil, and flavor it with salt. There are no preservatives or additives in *Fritos* Original corn chips.



# fun fact

**Fritos Original chips have been made using the same simple recipe for more than 75 years.**

### References:

1. United States Department of Agriculture, 2005. Available at: [http://mypyramid.gov/pyramid/discretionary\\_calories.html](http://mypyramid.gov/pyramid/discretionary_calories.html)
2. Hu FB, Willett WC. Optimal diets for the prevention of heart disease. *J Am Med Assoc*, 2002; 288(20): 2569-2578.
3. US Department of Health & Human Services, 2005. Available at: <http://www.health.gov/dietaryguidelines/>
4. 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.