



## Nutrition Facts

Serving Size 1oz. (28g/ About 15 pieces)

Amount Per Serving			
<b>Calories</b>	150	Calories From Fat 90	
		% Daily Value*	
<b>Total Fat</b>	10g		<b>15%</b>
Saturated Fat	1g		<b>5%</b>
Polyunsaturated Fat	4.5g		
Monounsaturated Fat	4.5g		
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	180mg		<b>7%</b>
<b>Total Carbohydrate</b>	15mg		<b>5%</b>
Dietary Fiber	1g		<b>4%</b>
Sugars	0g		
<b>Protein</b>	2g		
Vitamin A	0%	Vitamin C	10%
Calcium	0%	Iron	2%
Vitamin E	6%	Thiamin	2%
Niacin	6%	Vitamin B6	4%
Phosphorus	4%	Magnesium	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:** Potatoes, Sunflower Oil and/or Corn Oil, and Salt. No Preservatives.

### Good Fats Support Heart Health

All *Lay's* potato chips are cooked in healthier oils like sunflower oil and corn oil, which are high in polyunsaturated and monounsaturated fats (the good fats), lower in saturated fat and contains 0 grams of trans fat (the bad fats). Polyunsaturated and monounsaturated fats have been shown to lower total and LDL (bad) cholesterol and maintain HDL (good) cholesterol when they replace saturated fats in the diet and caloric intake is maintained. This change in cholesterol can help reduce the risk for heart disease.<sup>1</sup> A one-ounce serving of *Lay's* potato chips has 4.5 grams of polyunsaturated fats and 4.5 grams of monounsaturated fats.

### A Salty Surprise

*Lay's* potato chips have a moderate amount of salt, comparable to the amount found in an average slice of white bread. They taste saltier than bread because the salt is on the surface, rather than being mixed into the dough and baked in.

### Good Snacks Provide Good Nutrients

Healthier oils are a source of vitamin E, an antioxidant, in the American diet.

Every one-ounce serving of *Lay's* potato chips is a good source of vitamin C, from the potato (10% of the Daily Value), and contains 6 % of the Daily Value of vitamin E from the healthier oils. Both vitamins C and E are considered shortfall nutrients in the American diet, according to the 2005 Dietary Guidelines for Americans.<sup>2</sup>

### Simple Food Is Good Food

Potato chips are made with three quality ingredients: potatoes, sunflower and/or corn oil, and salt. We clean and peel whole potatoes cook them in healthier oils, add salt for taste, and put them in a bag.

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.

*Lay's* Classic potato chips are made simply from real, simple food – starting with the potato. There are no preservatives or additives in *Lay's* Classic potato chips.



**Lay's** fun fact

It takes 4 to 5 potatoes to make one 10-oz bag of *Lay's* brand potato chips!

#### References:

1. Hu FB, Willett WC. Optimal diets for the prevention of heart disease. *J Am Med Assoc*, 2002; 288(20): 2569-2578.
2. US Department of Health & Human Services, 2005. Available at: <http://www.health.gov/dietaryguidelines/>