



Nutrition Facts

Serving Size 1oz.

Amount Per Serving

Calories 140 Calories From Fat 50

% Daily Value*

Total Fat 6g **10%**

Saturated Fat 1g **5%**

Polyunsaturated Fat 2g

Monounsaturated Fat 3.5g

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 120mg **5%**

Potassium 60mg **2%**

Total Carbohydrate 18g **6%**

Dietary Fiber 2g **9%**

Sugars 2g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

Vitamin E 8% • Thiamin 2%

Riboflavin 2% • Niacin 2%

Vitamin B₆ 4% • Phosphorus 4%

Magnesium 4% • Zinc 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: Whole Corn, Sunflower Oil, Whole Wheat, Rice Flower, Whole Oat Flour, Sugar, and Salt.

CONTAINS WHEAT INGREDIENTS

Good Fats Support Heart Health

SunChips snacks are high in polyunsaturated and monounsaturated fats (the good fats) and lower in saturated fat (the bad fat). Good fats have been shown to lower total and LDL (bad) cholesterol and maintain HDL (good) cholesterol, which can help lower your risk for heart disease.¹

Less Salt Than You Think

SunChips snacks have a moderate amount of sodium, comparable to the amount found in a slice of whole wheat bread.² They just taste saltier than bread because the salt is right on the surface of the chips instead of being mixed in, giving them that salty taste.

Whole Grains

Each one ounce serving of Frito-Lay's *SunChips* snacks has 18 grams, or one serving, of whole grains. Whole grains are richer in dietary fiber, antioxidants, minerals and vitamins than refined grains.³

The Grains in This Multigrain Snack

Frito-Lay's *SunChips* are made with 4 grains: whole corn, whole wheat, rice flour and whole oat flour. These farm-grown ingredients bring 18 grams, or one serving, of whole grains and 2 grams of fiber to each one ounce serving of *SunChips* multigrain snacks.

Snacking plays a role in most American diets. In fact, research suggests there are some health benefits from snacking. It is important to look for better snack options. As with any food, moderation is an integral part of managing weight and well-being. *SunChips* multigrain snacks is one option you might consider. *SunChips* snacks have 18 grams of whole grains per one oz. serving. They are available in many delicious varieties to satisfy your taste buds, including Original, Garden Salsa™, Harvest Cheddar® and French Onion.



SunChips fun fact

At Frito-Lay's Modesto, CA plant, *SunChips* are "made by the sun" with the help of solar collectors, which help power the making of this multigrain snack.

References:

1. Hu FB, et al., Dietary fat intake and the risk of coronary heart disease in women. *N Engl J Med*, 1997, 337: 1491-9.
2. United States Department of Agriculture. Available at <http://www.nal.usda.gov/fnic/foodcomp/search/>
3. US Department of Health & Human Services, 2005. Available at: <http://www.health.gov/dietaryguidelines/>