



## Nutrition Facts

Serving Size 1oz. (28g/ About 12 chips)  
Servings Per Container About 15

### Amount Per Serving

**Calories** 140      **Calories From Fat** 60

**% Daily Value\***

**Total Fat** 7g      **11%**

Saturated Fat 1g      **5%**

Trans Fat 0g

Polyunsaturated Fat 3g

Monounsaturated Fat 2g

**Cholesterol** 0mg      **0%**

**Sodium** 120mg      **5%**

**Total Carbohydrate** 19g      **6%**

Dietary Fiber 2g      **7%**

Sugars 0g

**Protein** 2g

Vitamin A 0%      •      Vitamin C 0%

Calcium 2%      •      Iron 0%

Vitamin E 4%      •      Thiamin 2%

Riboflavin 2%      •      Vitamin B<sub>6</sub> 4%

Phosphorus 6%      •      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 White Corn, Vegetable Oil (Corn, Soybean, Canola and/or Sunflower Oil), and Salt. No Preservatives.

### Not All Fats are Created Equal

Research continues to suggest that the type of fat you eat is more important than the amount of fat you eat, within your daily calorie allowance. The 2010 Dietary Guidelines remains consistent with the 2005 guidelines which emphasize higher intakes of unsaturated fats and lowering and/or eliminating saturated and trans fats.<sup>1</sup>

All *Tostitos* tortilla chips are cooked in healthier oils like *sunflower oil*, *canola oil* and *corn oil*, which are high in polyunsaturated and monounsaturated fats (the “good” fats), lower in saturated fat and contain 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>2</sup>

### Less Salt Than You Think

One serving of *Tostitos* tortilla chips has a moderate amount of sodium, comparable to the amount found in an average slice of whole wheat bread.<sup>1</sup> They taste saltier than bread because the salt is on the surface, rather than mixed into the dough before baking.

### Whole Grains

The 2010 Dietary Guidelines recommend Americans aim to replace refined-grain foods with whole-grain foods and consume at least half of total grains as whole grains.

Most varieties of *Tostitos* tortilla chips now contain 8 grams of whole grains per serving, which provides ½ of a serving of whole grains. Whole grains are richer in dietary fiber, antioxidants, minerals and vitamins than refined grains.<sup>1</sup> According to the U.S. Department of Agriculture the daily recommendation of whole grains is 48 grams per day.<sup>1</sup>

Snacking plays a role in most American diets. In fact, there can be 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. *Tostitos* tortilla chips varieties are snacking options you might consider.

*Tostitos* tortilla chips start from real, simple food!

- ▶ They are made from 3 simple ingredients: corn, healthier oils, and salt.
- ▶ They start with all natural ingredients and do not contain any artificial preservatives, artificial flavors or MSG.



**Tostitos** fun fact

There are 3 to 4 ears of whole corn in every full-size bag of *Tostitos* tortilla chips!

### References:

1. US Department of Health & Human Services, 2005, 2010. Available at: <http://www.health.gov/dietaryguidelines/>
2. Hu FB, Willett WC. Optimal diets for the prevention of heart disease. *J Am Med Assoc*. 2002; 288(20): 2569-2578.