



Nutrition Facts

Serving Size 1oz. (28g/ About 7 pieces)

Amount Per Serving

Calories 140 **Calories From Fat** 60

% Daily Value*

Total Fat 7g	10%
Saturated Fat 1g	5%
Polyunsaturated Fat 4g	
Monounsaturated Fat 2g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 19mg	6%
Dietary Fiber 2g	6%
Sugars 0g	
Protein 2g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 2%	•	Iron 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 (Contains One or More of the Following: Corn, Sunflower, or Soybean 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.¹ In fact, the recommended range for total fat intake was increased in the 2005 Dietary Guidelines, which emphasize higher intakes of unsaturated fats and lowering and/or eliminating saturated and trans fats.²

Good Fats Support Heart Health

Mono- and polyunsaturated fats are an important component in a healthy diet because they have been shown to decrease LDL (bad) cholesterol and maintain HDL (good) cholesterol, which has been associated with a reduction in the risk of heart disease.³ To achieve this benefit, total daily calories should not increase.

Less Salt Than You Think

Tostitos tortilla chips have a moderate amount of salt, comparable to the amount found in an average slice of whole wheat bread.² 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. As with any food, moderation is an integral part of managing weight and well-being. *Tostitos* tortilla chips are one option you might consider.

Tostitos tortilla chips start from real, simple food!

- ▶ They are made from 3 simple ingredients: corn, vegetable oil and salt.
- ▶ There are no preservatives or additives in unflavored *Tostitos* tortilla chips.



Tostitos fun fact

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

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