

# Chip Challenge



How well do you know America's favorite snack chips?  
Take this quiz to find out!

1. Which of the following Frito-Lay snacks contains at least 8 grams of whole grains per 1 oz serving? (Select all that apply)

- a. *SunChips* Original Multigrain Snacks
- b. *Lay's* Classic Potato Chips
- c. *Tostitos Scoops!* Tortilla Chips
- d. *Ruffles* Potato Chips
- e. All of the Above
- f. None of the Above

2. Which snack contains less sodium per serving?

- a. 1 oz *Fritos* Corn Chips OR 1 oz goldfish-shaped cheese flavored crackers
- b. 1 oz *Lay's* Classic Potato Chips OR 2 sheets graham crackers
- c. 1 oz *Tostitos* Restaurant Style Tortilla Chips OR 1 slice of white bread
- d. 1 oz *SunChips* Original Multigrain Snacks OR 4 oz cottage cheese

3. True (T) or False (F)

- T or F:** Frito-Lay snacks are made with healthier oils, such as sunflower and corn oils
- T or F:** It takes less than 15 minutes for a potato to become potato chips
- T or F:** *Tostitos Scoops!* Tortilla Chips and *Fritos* Original Corn Chips are made with just three ingredients – corn, healthier oils such as corn and sunflower oils, and salt
- T or F:** *SunChips* Original Multigrain Snacks are a good source of fiber
- T or F:** Frito-Lay's new Lightly Salted varieties of *Lay's* and *Ruffles* Potato Chips and *Fritos* Corn Chips have 90 mg of sodium per serving or less

Learn more about Frito-Lay's "Good Fun" snacks

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1: A.C  
2: All of the Frito-Lay products have less sodium than the other snacks listed.  
1 oz *Fritos* Corn Chips (160 mg); 1 oz goldfish-shaped cheese flavored crackers (240 mg)  
1 oz *Lay's* Classic Potato Chips (180 mg); 2 sheets graham crackers (190 mg)  
1 oz *Tostitos* Restaurant Style Tortilla Chips (120 mg); 1 slice of white bread (170 mg)  
1 oz *SunChips* Multigrain Snacks (120 mg); 4 oz cottage cheese (460 mg)  
3: All True