

simple ingredients for Smart Snacking

what can I eat for a snack?

As a nutrition and health professional, you are probably asked this question quite often. The challenge is finding snacks that your patients like, are convenient and have good ingredients. Options that may surprise you and your patients are America's favorite snack foods – potato and corn chips. These chips start from agricultural products – corn or potatoes. The better chips will use oils that are high in unsaturated fat, low in saturated fat and contain 0 grams of trans fats. Salt is added, and sometimes seasoning to add unique flavors.



The Importance of Quality Ingredients



▶ start with a basic ingredient



use oils high in unsaturated fats
and low in saturated fats ▶



▶ **salt it**
For unique flavor, seasonings
are sometimes added.



Nutritional Goodness

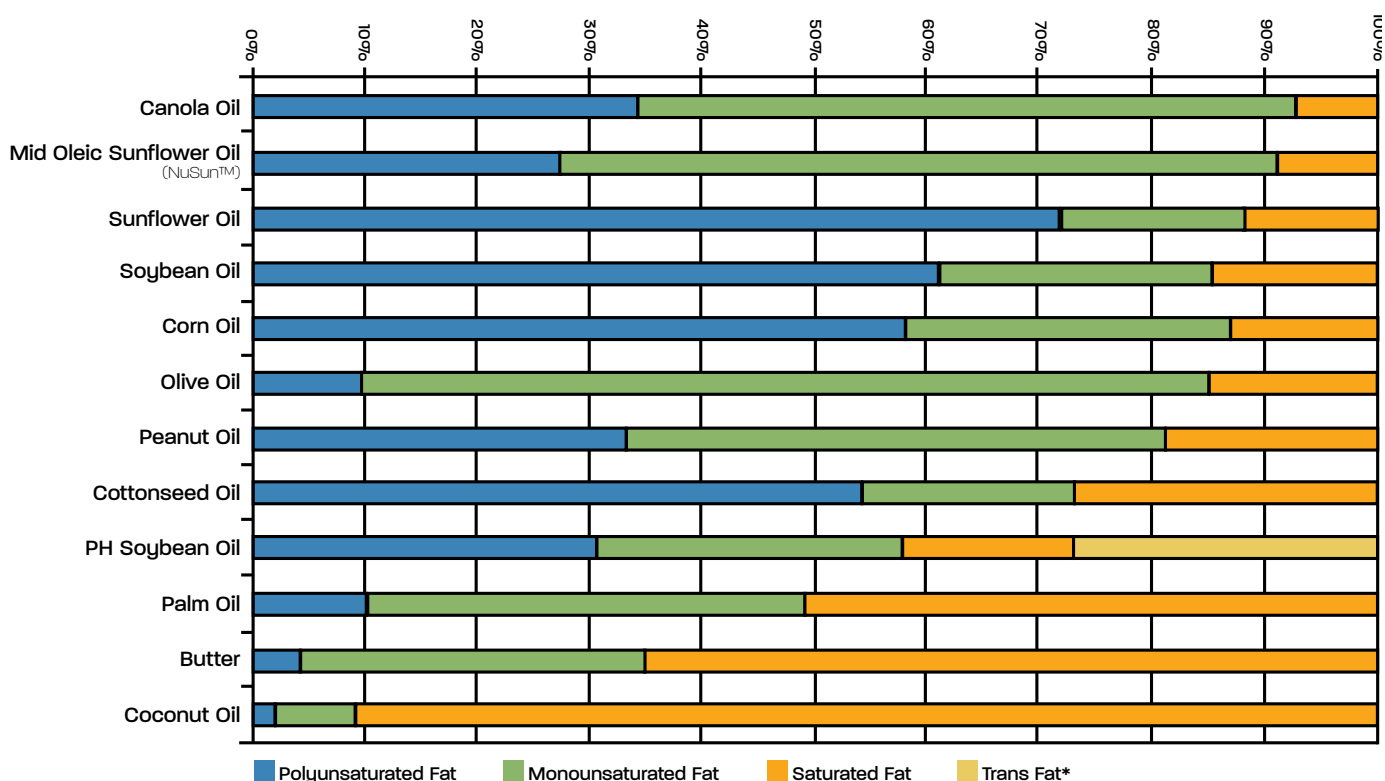
Did You Know... not all snack chips are created equal? Patients and clients should look at the type of oil that's used in snack chips and many packaged foods because not all oils are alike. Oils have different nutrition profiles and can have different effects on health and disease risk. Understanding what oils to look for will help consumers make the best choice.

You can direct your clients and patients to a number of healthier oils that are high in unsaturated fats, low in

saturated fats and have no trans fat. Olive oil is probably the most commonly known of the healthier oils, but other oils that have similar attributes include sunflower, canola and corn oils.

The chart below shows the fatty acid breakdown in some of the more popular oils. You will note that oils listed above peanut oil have a higher ratio of unsaturated to saturated fat.

Fatty Acid Profile of Oils and Fats (in descending order by PUFA and MUFA content)



* Trans fat content may range from 15%-45% depending upon the processing
Based on USDA Nutrient Database SR-18

- Monounsaturated fats (MUFAS) have been shown to decrease total cholesterol and LDL cholesterol and maintain HDL ("good") cholesterol.¹
- Polyunsaturated fats have been shown to decrease risk for heart disease by decreasing total cholesterol and LDL cholesterol and maintaining HDL cholesterol.²
- Studies show that too much saturated fat in a person's diet may increase heart disease risk by increasing total cholesterol and LDL ("bad") cholesterol.³

Replacing saturated fat with similar amounts of unsaturated fats may reduce the risk of heart disease.⁴ To achieve this benefit, total daily calories should not increase.

A key message to communicate to your patients and clients is to look for snack chips made with oils, such as

sunflower oil and corn oil, that are high in mono- and polyunsaturated fats, low in saturated fat and contain 0 grams trans fats. Frito-Lay is committed to offering only the highest quality products with good ingredients.

Facts about the Nutrition Facts Panel

DID YOU KNOW...snack chips are a source of some important nutrients, which can be identified on the Nutrition Facts Panel?

Potatoes and corn contribute vitamins and minerals including vitamin C, potassium, vitamin B6, iron, thiamin, magnesium and niacin.

- ▶ Some potato chips have as much as 10 percent of the Daily Value (DV) for vitamin C, making them a good source of this vitamin.
- ▶ A serving of potato chips contains approximately 10 percent of the Daily Value for potassium.

The sunflower and corn oils that are found in Frito-Lay snack chips not only contribute mono- and poly-unsaturated fats, but also vitamin E, an antioxidant.

Some potato chips have as much as 10 percent of the DV for vitamin E.

The Story on Salt

There is a common misconception that snack chips are high in sodium.

Most people don't realize that salt is added to the outside of snack chips, such as potato and corn chips, after the cooking process. Some foods, such as crackers, have salt mixed into the dough so that salt is baked in. When you eat snack chips, the salt is on the surface so it is the first taste that the tongue senses. This may make chips taste saltier than they really are. It may come as a surprise, but a serving of snack chips can have as much or less sodium than an average slice of bread or a serving of some cereals.



Nutrition Facts

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

Amount Per Serving

Calories 160 Calories From Fat 90

% Daily Value*

Total Fat 10g **16%**

Saturated Fat 1g **5%**

Polyunsaturated Fat 2.5g

Monounsaturated Fat 5g

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Potassium 350mg **10%**

Total Carbohydrate 15g **5%**

Dietary Fiber 1g **5%**

Sugars less than 1g

Protein 2g

Vitamin A 0% • Vitamin C 10%

Calcium 0% • Iron 2%

Vitamin E 6% • Thiamin 4%

Niacin 6% • Vitamin B6 10%

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: Potatoes, Vegetable Oil (Sunflower, Corn and/or Canola Oil), and Salt.

No Preservatives.

Nutrition Facts

Serving Size 1oz. (28g/About 32 chips)

Servings Per Container: 11

Amount Per Serving

Calories 160 Calories From Fat 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 1.5g **7%**

Trans Fat 0g

Polyunsaturated Fat 6g

Monounsaturated Fat 2.5g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 16g **5%**

Dietary Fiber 1g **5%**

Sugars 0g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 0%

Vitamin E 4% • Vitamin B6 2%

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
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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, Corn Oil, and Salt.

No Preservatives.

The Proof is on the Package

The next time you are discussing snacks with your patients and client, remind them to read the Nutrition Facts Panel and ingredients list to help them make better snack choices.



References

1. Appel L, et al. Effects of protein monounsaturated fat, and carbohydrate intake on blood pressure and serum lipids. *J Am Med Assoc.* 2005; 294: 2455-2464.
2. Kris-Etheron P, et al. Polyunsaturated fatty acids and cardiovascular health. *Nutr Rev.* 2004; 62(11): 414-426.
3. Hu FB, et al. Dietary fat intake and the risk of coronary heart disease in women. *N Engl J Med.* 1997; 337: 1491-9.
4. Hu FB, Willett WC. Optimal diets for the prevention of heart disease. *J Am Med Assoc.* 2002; 288(20): 2569-2578.