



## Nutrition Facts

Serving Size 1oz.(28g/About 11 pieces)

### Amount Per Serving

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

**% Daily Value\***

**Total Fat** 7g      **11%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 0mg      **1%**

**Sodium** 170mg      **7%**

**Total Carbohydrate** 18g      **6%**

Dietary Fiber 1g      **4%**

Sugars less than 1g

**Protein** 2g

Vitamin A 0%      •      Vitamin C 0%

Calcium 2%      •      Iron 2%

Vitamin E 4%      •      Thiamin 2%

Riboflavin 2%      •      Vitamin B6 4%

Phosphorus 6%      •      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
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, Vegetable Oil (contains One or More of the Following: Corn, Soybean, or Sunflower Oil), Buttermilk Solids, Salt, Tomato powder, Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Corn Starch, Whey, Onion Powder, Garlic Powder, Monosodium Glutamate, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Nonfat Milk Solids, Sugar, Dextrose, Malic Acid, Sodium Caseinate, Sodium Acetate, Artificial Color (Including Red 40, Blue 1, Yellow 5), Spice, Natural and Artificial Flavor, Sodium Citrate, Disodium Inosinate, and Disodium Guanylate.

**CONTAINS MILK INGREDIENTS**

### Focus on the Good Fats

The 2005 Dietary Guidelines advise us that most of the fats we eat should be the “good fats” – unsaturated fats such as those found in nuts, vegetable oils (including corn oil) and fish. We should eat more of these while cutting back on saturated and trans fats, such as those found in meat, full fat dairy foods and hard margarines.<sup>1</sup>

### Good Fats Support Heart Health

Unsaturated fats are an important component of a healthy diet because they have been shown to decrease LDL (bad) cholesterol and maintain HDL (good) cholesterol, which in turn can lower your risk for heart disease.<sup>2</sup>

A Harvard study concluded that substituting good unsaturated fats for saturated and trans fats is one of the top 3 most effective diet strategies for preventing coronary heart disease.<sup>3</sup>

*Doritos* tortilla chips contain 2 grams of mono-unsaturated fat and 4 grams of polyunsaturated fat.

### A Salty Surprise

*Doritos* tortilla chips have a moderate amount of salt, comparable to the amount found in an average slice of bread. 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 key to managing weight and well-being.

To make *Doritos* tortilla chips we start with corn, use vegetable oil and add seasonings for that unique taste.



fun fact

**Doritos means “little bits of gold” in Spanish.**

### References:

1. US Department of Health & Human Services, 2005. Available at: <http://www.health.gov/dietaryguidelines/>
2. Hu FB, et. al., Dietary fat intake and the risk of coronary heart disease in women. *N Engl J Med*, 1997; 337: 1491-9.
3. Hu FB, Willett WC. Optimal diets for the prevention of heart disease. *J Am Med Assoc*, 2002; 288(20): 2569-2578.