



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.

Good Fats Can Support Heart Health
 All Lay's Classic potato 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.¹

A Salty Surprise
 Lay's Classic potato chips have a moderate amount of sodium, comparable to the amount found in an average slice of white bread.² They taste saltier than bread because the salt is on the surface, rather than mixed into the dough before baking.

Good Snacks Provide Good Nutrients
 Every one-ounce serving of Lay's Classic potato chips is a good source of vitamin C, contains 10% of the Daily Value of potassium from the potatoes, and contains 6% of the Daily Value of vitamin E from the healthier oils.

All Natural Ingredients/Gluten Free
 All Lay's potato chips, including Lay's Classic, are made with all natural ingredients starting with potatoes, oils and salt. And, as of May 2011, Lay's Classic potato chips have been validated and qualified as gluten free, meaning they have less than 20ppm of gluten per ounce. The claim on packaging can appear in the form of a "GF" icon below and/or a statement on the back of the package, depending on size.



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.

Potato chips start with three quality ingredients: potatoes, healthier oils, and salt. We clean and peel whole potatoes, cook them in healthier oils, add salt for taste, and put them in a bag. It's that simple.



Lay's fun fact

A one-ounce serving of Lay's Classic potato chips has the same amount of sodium comparable to an average slice of white bread.²

References:

- Hu FB, Willett WC. Optimal diets for the prevention of heart disease. *J Am Med Assoc*, 2002; 288(20): 2569-2578.
- United States Department of Agriculture. Available at: <http://www.nal.usda.gov/fnic/foodcomp/search/>