



Nutrition Facts

Serving Size 1oz. (28g/ About 16 pieces)

Amount Per Serving

Calories 140 Calories From Fat 50

% Daily Value*

Total Fat 6g **10%**

Saturated Fat 1g **5%**

Polyunsaturated Fat 1.5g

Monounsaturated Fat 3.5g

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 120mg **5%**

Potassium 60mg **2%**

Total Carbohydrate 19g **6%**

Dietary Fiber 3g **10%**

Sugars 2g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

Vitamin E 6% • Thiamin 2%

Riboflavin 2% • Niacin 2%

Vitamin B₆ 2% • Phosphorus 4%

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: Whole Corn, Sunflower Oil, Whole Wheat, Rice Flour, Whole Oat Flour, Sugar, and Salt.

CONTAINS WHEAT INGREDIENTS

Good Fats Support Heart Health

SunChips multigrain snacks contains oils that are higher in polyunsaturated and monounsaturated fats (the good fats), lower in saturated fat (the bad fat) and contain 0 grams trans fat per serving. Good fats have been shown to lower total and LDL (bad) cholesterol and maintain HDL (good) cholesterol, which can help lower your risk for heart disease.¹

Less Salt Than You May Think

One serving of *SunChips* multigrain snacks has a moderate amount of sodium, 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.

Whole Grains/Fiber

Each one ounce serving of Frito-Lay's *SunChips* snacks contain 18 grams, or one serving, of whole grains and are a good source of fiber. Whole grains are richer in dietary fiber, antioxidants, minerals and vitamins than refined grains.³

The Grains in This Multigrain Snack

Frito-Lay's *SunChips* snacks are made with 4 grains: whole corn, whole wheat, rice flour and whole oat flour.

Snacking plays a role in most American diets. In fact, research suggests there are some health benefits from snacking. It is important to look for better snack options. As with any food, moderation is an integral part of managing weight and well-being. *SunChips* multigrain snacks are one option you might consider. *SunChips* snacks have 18 grams of whole grains and are a good source of fiber per one oz. serving. They are available in many delicious varieties to satisfy your taste buds, including Original, Garden Salsa™, Harvest Cheddar® and French Onion.



SunChips fun fact

Starting April 2010, all 10 1/2 oz bags of *SunChips* are made with 100 percent compostable packaging.

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. United States Department of Agriculture. Available at <http://www.nal.usda.gov/fnic/foodcomp/search/>
3. US Department of Health & Human Services, 2005. Available at: <http://www.health.gov/dietaryguidelines/>