



Fritos® RF Corn Chips – 16 oz.

Nutrition Facts			
Serving Size 1 oz (28g/About 34 chips)			
Servings Per Container About 16			
Amount Per Serving			
Calories			
			140
Calories from Fat			60
			%Daily Value*
Total Fat 6g			10%
Saturated Fat 1g			5%
Trans Fat 0g			
Polyunsaturated Fat 3g			
Monounsaturated Fat 2g			
Cholesterol 0mg			0%
Sodium 170mg			7%
Total Carbohydrate 20g			7%
Dietary Fiber 2g			9%
Sugars 0g			
Protein 2g			
Vitamin A			0%
Vitamin C			0%
Calcium			2%
Iron			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
Fiber			
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

Ingredients:

Whole Corn, Corn, Corn Oil and Salt

Product oz. weight	Product gram weight	Grams Creditable Grain	Oz. Eq. Grain	Volume Serving
1 oz.	28 g	23.1g	1.25 OEG	Heaping 1/2 c.
.8 oz.	23 g	18.5g	1 oz. OEG	1/2 c.
1.4 oz.	40g	32g	2 oz. OEG	1 c.

Case UPC	000-28400-57766-3
Bag UPC	0-28400-56135-8
Case Pack	8/16 oz. bags
Kosher Status	Yes
USDA Smart Snack Compliant	No
Contains FDA Whole Grain Claim*	Yes
Document Updated	9/8/15

I verify the above information is accurate as of 9/8/15.

Jan Ruegg
 Jan Ruegg
 PepsiCo Foodservice/Vend
 Nutrition Science

972-334-2165

Frito-Lay Inc.
 Plano, TX 75024-4099



* Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol may help reduce the risk of heart disease.

All products are accurately labeled with the most current information however, since the ingredients are subject to change at any time, we recommend you check the label on the specific product for the most current and accurate information.