



Tostitos® Whole Grain Rich Crispy Rounds Tortilla Chips – 16 oz.

Nutrition Facts	
Serving Size 1 oz (28g/About 13 chips)	
Servings Per Container 16	
Amount Per Serving	
Calories	
140	
Calories from Fat 50	
%Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Sugars 0g	
Protein 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	0%
*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, Vegetable Oil (Corn, Canola and/or Sunflower Oil), and Salt.

Product oz. weight	Product gram weight	Grams Creditable Grain	Oz. Eq. Grain	Approx. Number of Chips
1 oz.	28 g	23.7g	1.25 OEG	~13
.8 oz.	23 g	18.9g	1 oz. OEG	~10
1.4 oz.	40g	32g	2 oz. OEG	~18

Case UPC	000-28400-62399-5
Bag UPC	0-28400-61048-3
Case Pack	8/16 oz. bags
Kosher Status	Kosher - Triangle K
Contains FDA Whole Grain Claim	Yes
Whole Grain Stamp	Yes
Grain – oz. eq.	1.25 oz. eq.
Weight of Grain	23.7 g
Document Updated	6/16

I verify the above information is accurate as of 6/13/16.

Jan Ruegg
PepsiCo Foodservice/Vend
Nutrition Science

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* 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.