



Fritos® Original Corn Chips - 1 oz. (28 g.)

Nutrition Facts	
Serving Size	1 package
Servings Per Container	1
Amount Per Serving	
Calories	160
Calories from Fat	90
%Daily Value*	
Total Fat 10g	15%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Polyunsaturated Fat 6g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	5%
Sugars 0g	
Protein 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	0%
Vitamin E	4%
Vitamin B6	2%
Phosphorus	4%
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
Fiber	
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Ingredients: Corn, Corn Oil, and Salt.

Case UPC	000-28400-32405-2
Bag UPC	0-28400-04003-7
Case Pack	104/1 oz. bags
Kosher Status	Yes – Triangle K
USDA Smart Snack Compliant	No
Document Updated	2/16



I verify the above information is accurate as of 2/11/16.

Jan Ruegg
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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.