



Fritos® Corn Chips – 16 oz. (1 oz. serving)

Nutrition Facts	
Serving Size 1 oz (28g/About 32 chips)	
Servings Per Container 16	
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
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Ingredients: Corn, Corn Oil, and Salt.

Case UPC	000-28400-12248-1
Bag UPC	0-28400-09003-2
Case Pack	8 / 16 oz. bags
Kosher Status	Yes – Triangle K
AHG Compliant	No
Healthier US Schools Compliant Competitive Foods (Gold Award of Distinction)	No
USDA Competitive Foods Compliant	No
Document Updated	1/14

This product will not qualify for the reimbursable meal beginning July 2014. We recommend replacing Fritos® Corn Chips with RF Tostitos® Tortilla Chips or Baked! Tostitos® Scoops as a whole grain rich alternative.

I verify the above is accurate as of 1/21/14.

Jan Ruegg
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 PepsiCo Foodservice/Vend
 Nutrition Science

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.