

## RF Tostitos® Tortilla Chips – 16 oz.

### Whole Grain Rich



<b>Nutrition Facts</b>	
Serving Size 1 oz (28g/About 13 chips)	
Servings Per Container 16	
<b>Amount Per Serving</b>	
<b>Calories</b>	
140	
<b>Calories from Fat</b>	
45	
<b>%Daily Value*</b>	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 2g	<b>9%</b>
Sugars 0g	
<b>Protein</b> 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	2%
Vitamin E	4%
Thiamin	2%
Riboflavin	0%
Niacin	0%
Vitamin B6	6%
*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, Sunflower and/or Canola Oil), and Salt.

Case UPC	000-28400-18793-0
Bag UPC	0-28400-16563-1
Case Pack	8/16 oz. bags
Kosher Status	Yes – Triangle K
AHG Compliant	Yes- E, M, H
USDA Competitive Foods Compliant	Yes – 50% or more whole grains by weight
Meets USDA definition of Whole Grain Rich	Yes
Contains the FDA Whole Grain Claim	Yes
Grain- oz. eq.	1.5 oz. eq.
Weight of Grain	24 g
Document Updated	1/14

I verify the above information is accurate as of 1/2/14.

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.

