



Fritos® Original Corn Chips – 2 oz. (56.7 g)

Nutrition Facts	
Serving Size	1 package
Servings Per Container	1
Amount Per Serving	
Calories	
	320
Calories from Fat	180
	%Daily Value*
Total Fat 20g	31%
Saturated Fat 3g	14%
Trans Fat 0g	
Polyunsaturated Fat 12g	
Monounsaturated Fat 5g	
Cholesterol 0mg	%
Sodium 320mg	13%
Total Carbohydrate 32g	11%
Dietary Fiber 3g	11%
Sugars less than 1g	
Protein 3g	
Vitamin A	0%
Vitamin C	0%
Calcium	4%
Iron	2%
Vitamin E	10%
Vitamin B6	4%
Phosphorus	8%
Magnesium	8%
*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	000-28400-44355-5
Bag UPC	0-28400-047937
Case Pack	64/ 2 oz.
Kosher Status	Yes – Triangle K
AHG Compliant	No
Healthier US Schools Compliant Competitive Foods (Gold Award of Distinction)	No
USDA Competitive Food Compliant	No
Document Updated	2/14

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