



# NUTRITION FACTS

(INCLUDING MICRONUTRIENTS AND DIABETICS EXCHANGE)  
LAST UPDATED 5/2002

203992V

Product	Count per 1 oz (28g)	Calories		Fat			Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Fiber (g)	Total Sugar (g)	Protein (g)	Vit. Vit. A C			Iron %	Nicotinic (mg)	Thiamin (mg)	Riboflavin (mg)	Phosphorus (mg)	Zinc (mg)	Phenylalanine (mg)	Diabetics Exchange	
		Total	From Fat	Total	Sat	Mon							Poly	%	%									%
LAYS® brand Classic Potato Chips	20	150	90	10	3	1.84	5.34	0	180	443	15	1	0	2	0	10	0	1.64	.07	.03	38	.32	90	1 starch 2 fat
LAYS® brand Country BBQ Flavored Thick Cut Natural Potato Chips	16	160	90	10	2.5			0	170		15	1	<1	1	0	6	0							1 starch 2 fat
LAYS® brand CRACKER BARRER® Sharp Cheddar Flavor Potato Chips	17	150	80	9	2.5			0	270		16	1	2	2	0	10	0							1 starch 2 fat
LAYS® brand KC MASTERPIECE® Barbecue Flavor Potato Chips	15	150	90	10	3			0	200		15	1	2	2	0	10	0							1 starch 2 fat
LAYS® brand Limon Tangy Lime Flavored Potato Chips	17	150	90	10	3	1.85	5.4	0	370	385	15	1	0	2	0	10	0	1.42	.06	.06	33	.3	80	1 starch 2 fat
LAYS® brand Mini Potato Crisps	55	160	90	11	3			0	170		15	1	<1	1	0	6	0							1 starch 2 fat
LAYS® brand Salt and Vinegar Artificially Flavored	17	150	90	10	3			0	380		15	1	1	2	0	10	0							1 starch 2 fat
LAYS® brand Santa Fe Ranch Flavored Potato Chips	18	150	80	9	2	1.89	5.37	0	270	405	15	1	<1	2	0	10	0	1.1	.07	.03	36	.29	80	1 starch 2 fat
LAYS® brand Sea Salt & Vinegar Flavored Natural Potato Chips	18	160	90	10	2.5			0	350		16	1	1	2	0	10	0							1 starch 2 fat
LAYS® brand Sour Cream & Onion Artificially Flavored	17	160	100	11	3			<5	200		12	1	<1	2	0	10	0							1 starch 2 fat
LAYS® brand Sour Cream & Onion Flavored Mini Potato Crisps	50	150	90	10	2.5			0	180		15	1	2	2	0	6	0							1 starch 2 fat
LAYS® brand TASTE of AMERICA™ brand California Cool Dill Flavor Potato Chips	17	150	90	10	3			0	250		14	1	<1	2	0	10	0							1 starch 2 fat
LAYS® brand TASTE of AMERICA™ brand Memphis Barbecue Flavored Potato Chips	17	160	90	10	3			0	210		14	1	<1	2	2	10	0							1 starch 2 fat
BAKED LAYS® brand Potato Crisps	11	110	15	1.5	0	0.5	.96	0	150	252	23	2	2	2	0	2	4	1.74	.24	.03	77	.16	90	1 1/2 starch
BAKED LAYS® brand KC Masterpiece® brand Barbecue Flavor Potato Crisps	11	120	25	3	0			0	210		22	2	2	2	0	2	4							1 1/2 starch 1/2 fat
BAKED LAYS® brand Sour Cream and Onion Naturally Flavored Potato Crisps	12	120	25	3	0			0	210		21	2	3	2	0	2	6							1 1/2 starch 1/2 fat
LAYS® brand Bistro Gourmet Applewood BBQ & Smoked Cheddar Flavored Potato Chips	12	150	90	10	2	2.42	4.31	0	330	364	14	1	1	2	0	10	0	1	.06	.03	32	.27	70	1 starch 2 fat
LAYS® brand Bistro Gourmet Peppercorn Ranch Flavored Potato Chips	14	150	80	9	2			0	330	330	15	1	1	2	0	10	0							1 starch 2 fat
LAYS® brand Bistro Gourmet Roasted Garlic & Herb Flavored Potato Chips	15	150	80	9	2	2.36	4.31	0	350	375	15	1	<1	2	0	10	0	1	.06	.03	35	.27	70	1 starch 2 fat
LAYS® brand Bistro Gourmet Sharp Cheddar & Jalapeno Flavored Potato Chip	14	150	90	10	2.5	2.28	4.42	0	350	396	14	1	<1	2	0	10	0	1.07	.07	.03	35	.29	70	1 starch 2 fat
LAYS® brand Dell Style Original Potato Chips	17	150	90	10	3	1.84	5.3	0	180	443	16	1	0	1	0	10	0	1.64	.07	.03	38	.32	90	1 starch 2 fat
LAYS® brand Kettle Cooked Classic Potato Chips	22	150	80	8	2.5			0	190		16	1	0	2	0	10	0							1 starch 2 fat
LAYS® brand Kettle Cooked Jalapeno Flavored Extra Crunchy Potato Chips	15	140	70	8	2			0	170		16	1	0	2	0	10	0							1 starch 2 fat
LAYS® brand Kettle Cooked Mesquite BBQ Flavored Potato Chips	18	140	70	8	2.5			0	210		16	<1	1	2	2	10	0							1 starch 2 fat

ALL PRODUCTS ARE NOT AVAILABLE IN ALL AREAS.  
INFORMATION NOT AVAILABLE