



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

<b>Nutrition Facts</b>	
Serving Size	1 package
Servings Per Container	1
<b>Amount Per Serving</b>	
<b>Calories</b>	160
<b>Calories from Fat</b>	90
<b>%Daily Value*</b>	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 1.5g	<b>7%</b>
Trans Fat 0g	
Polyunsaturated Fat 6g	
Monounsaturated Fat 2.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 1g	<b>5%</b>
Sugars 0g	
<b>Protein</b> 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
<b>Calories per gram:</b>	
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
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 information is accurate as of 1/23/14.

*Jan Ruegg*  
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.