

# Baked Tortilla Chips vs. Regular Chips vs. Reduced Fat Potato Chips

Nutrition Facts	
Serving Size 1 oz (28.0g)	
Amount Per Serving	
Calories 120	Calories from Fat 14
	% Daily Value *
Total Fat 1.5g	2 %
Sodium 170mg	7 %
Total carbohydrates 23.0g	8 %
Dietary Fiber 1.0g	4 %
Protein 2.0g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 4 %	Iron 2 %
Nutritional Units 2	
* Based on a 2000 Calorie diet	

120 CALORIES  
1.5 GRAMS OF FAT



Nutrition Facts	
Serving Size 1 oz	
Servings per Container About 12	
Amount Per Serving	
Calories 150	Calories from Fat 90
	% Daily Value *
Total Fat 10g	15 %
Saturated Fat 3g	15 %
Cholesterol 0mg	0 %
Sodium 180mg	8 %
Total carbohydrates 15.0g	5 %
Dietary Fiber 1g	4 %
Sugars 0g	
Protein 2g	

150 CALORIES  
10 GRAMS OF FAT



Nutrition Facts	
Serving Size 1 oz (28.0g)	
Amount Per Serving	
Calories 140	Calories from Fat 60
	% Daily Value *
Total Fat 6.7g	10 %
Saturated Fat 1.5g	8 %
Sodium 170mg	7 %
Total carbohydrates 19.0g	6 %
Dietary Fiber 1.0g	4 %
Sugars 1.0g	
Protein 2.0g	
Vitamin A 0 %	Vitamin C 15 %
Calcium 0 %	Iron 2 %
Nutritional Units 3	
* Based on a 2000 Calorie diet	

140 CALORIES  
6.7 GRAMS OF FAT

