

Chips vs. Chips: Comparing Nutrition Facts



Ingredients: Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, and Folic Acid), Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Flamin' Hot Seasoning (Maltodextrin [Made From Corn], Salt, Sugar, Monosodium Glutamate, Yeast Extract, Citric Acid, Artificial Color [Red 40 Lake, Yellow 6 Lake, Yellow 5], Sunflower Oil, Cheddar Cheese [Milk, Cheese Cultures, Salt, Enzymes], Onion Powder, Whey, Whey Protein Concentrate, Garlic Powder, Natural Flavor, Buttermilk, Sodium Diacetate, Disodium Inosinate, and Disodium Guanylate), and Salt.

CONTAINS MILK INGREDIENTS.

Nutrition Facts

Serving Size 1 oz (28g/About 21 pieces)

Amount Per Serving

Calories 160 Calories from Fat 100

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 250mg **10%**

Total Carbohydrate 13g **4%**

Dietary Fiber less than 1g **2%**

Sugars 0g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

Thiamin 6% • Riboflavin 2%

Niacin 4% • Vitamin B₆ 2%

* 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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Label Comparison

Cheetos:

Total Fat:
11g, 17%

Sodium:
250mg,

Rumbles:

Total Fat:
3 g, 5%

Sodium:
90mg, 4%

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Nutrition Facts

Serving Size 22g (0.78oz)
Servings Per Container 1

Amount Per Serving

Calories 100 Calories from Fat 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0.6g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 90mg **4%**

Total Carbohydrate 15g **5%**

Dietary Fiber 2g **7%**

Sugars 1g

Protein 2g

Vitamin A 4% • Vitamin C 0%

Calcium 0% • Iron 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

Calories per gram:
Fat 8 • Carbohydrate 4 • Protein 4

INGREDIENTS: WHOLE GRAIN CORN MEAL, WHOLE WHEAT, WHOLE RYE, WHOLE BARLEY, WHOLE SPELT, BROWN RICE, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: RICE, SUNFLOWER AND/OR SAFFLOWER), SUGAR, TOMATO POWDER, ONION POWDER, SALT, GARLIC POWDER, SPICE, MALTODEXTRIN, AVOCADO POWDER, CITRIC ACID, JALAPENO PEPPER, GUM ARABIC, EXTRACTIVES OF PAPRIKA, NATURAL FLAVOR.

