

Name :

Date :

UNDERSTANDING NUTRITION FACTS

Answer the following questions based on the Nutrition Facts label provided

1. What is the serving size for this product?

2. How many calories are in one serving?

3. What percentage of the daily value is the total fat?

4. How much saturated fat is in one serving?

5. What is the sodium content in one serving?

6. How much fiber is in one serving?

7. Is there any trans fat in this product?

8. What percentage of calcium is provided per serving?

9. Which vitamins or minerals have 0% daily value?

10. Does this product contain any milk ingredients?

GUARANTEED FRESH

Until printed date or this snack's on us.

QUESTIONS OR COMMENTS?

Weekdays 9:00am to 4:30pm CT

1-800-352-4477/email or chat at fritolay.com

Nutrition Facts

1 serving per container

Serving size 1 package

Amount per serving

Calories 260

% Daily Value*

Total Fat 13g **17%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 330mg **14%**

Total Carbohydrate 31g **11%**

Dietary Fiber 2g **8%**

Total Sugars 1g

Protein 3g

Vitamin D 0mcg **0%**

Calcium 60mg **4%**

Iron 0.5mg **2%**

Potassium 100mg **2%**

Not a significant source of added sugars.

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CORN, VEGETABLE OIL (SUNFLOWER, CANOLA, AND/OR CORN OIL), MALTODEXTRIN (MADE FROM CORN), SALT, WHEY, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), BUTTERMILK, MONOSODIUM GLUTAMATE, ROMANO CHEESE (COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), ONION POWDER, CORN FLOUR, NATURAL AND ARTIFICIAL FLAVORS, DEXTROSE, TOMATO POWDER, WHEY PROTEIN CONCENTRATE, SPICES, LACTOSE, ARTIFICIAL COLOR (YELLOW 6, YELLOW 5, RED 40), POTASSIUM CHLORIDE, LACTIC ACID, SODIUM CASEINATE, CITRIC ACID, SUGAR, GARLIC POWDER, RED AND GREEN BELL PEPPER POWDER, SKIM MILK, DISODIUM INOSINATE, AND DISODIUM GUANYLATE. **CONTAINS MILK INGREDIENTS.**

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