

# Nutrition Facts

Servings per container  
**Serving size**

**Amount per serving**  
**Calories**

**Total Fat**  
 Saturated Fat  
*Trans Fat*  
**Cholesterol**  
**Sodium**  
**Total Carbohydrate**  
 Dietary Fiber  
 Total Sugars  
 Includes Added Sugars

**Protein**  
 Vitamin D  
 Calcium  
 Iron  
 Potassium  
 Vitamin C

\*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.

## CHEETOS® CRUNCHY CHEESE FLAVORED SNACKS

8  
**About 21 pieces (28g)**

**160**

**% Daily Value\***

10g **13%**  
 1.5g **8%**  
 0g  
 0mg **0%**  
 200mg **9%**  
 16g **6%**  
 less than 1g **3%**  
 1g  
 2g  
 0mcg 0%  
 10mg 0%  
 0.8mg 4%  
 60mg 0%

Not a significant source of added sugars.

## DORITOS® COOL RANCH® FLAVORED TORTILLA CHIPS

4  
**1 package**

**260**

**% Daily Value\***

13g **17%**  
 1.5g **9%**  
 0g  
 0mg **0%**  
 280mg **12%**  
 31g **11%**  
 2g **9%**  
 2g  
 3g  
 0mcg 0%  
 70mg 4%  
 0.5mg 2%  
 170mg 2%

Not a significant source of added sugars.

## DORITOS® NACHO CHEESE FLAVORED TORTILLA CHIPS

5  
**1 package**

**260**

**% Daily Value\***

13g **17%**  
 2g **10%**  
 0g  
 0mg **0%**  
 290mg **13%**  
 30g **11%**  
 2g **9%**  
 1g  
 4g  
 0mcg 0%  
 80mg 6%  
 0.5mg 2%  
 170mg 2%

Not a significant source of added sugars.

## FRITOS® ORIGINAL CORN CHIPS

6  
**About 32 chips (28g)**

**160**

**% Daily Value\***

10g **13%**  
 1.5g **7%**  
 0g  
 0mg **0%**  
 150mg **6%**  
 16g **6%**  
 1g **5%**  
 0g  
 2g  
 0mcg 0%  
 40mg 2%  
 0.2mg 0%  
 30mg 0%

Not a significant source of added sugars.

## LAY'S® BARBECUE FLAVORED POTATO CHIPS

4  
**1 package**

**230**

**% Daily Value\***

14g **18%**  
 2g **9%**  
 0g  
 0mg **0%**  
 290mg **13%**  
 24g **9%**  
 2g **7%**  
 3g  
 2g **4%**  
 3g  
 0.3mcg 0%  
 10mg 0%  
 0.9mg 4%  
 500mg 10%  
 10%

Not a significant source of added sugars.

## LAY'S® CLASSIC POTATO CHIPS

6  
**1 package**

**240**

**% Daily Value\***

15g **19%**  
 2g **10%**  
 0g  
 0mg **0%**  
 210mg **9%**  
 23g **8%**  
 2g **7%**  
 1g  
 3g  
 0mcg 0%  
 10mg 0%  
 0.8mg 4%  
 530mg 10%  
 10%

Not a significant source of added sugars.

## RUFFLES® CHEDDAR & SOUR CREAM FLAVORED POTATO CHIPS

4  
**1 package**

**230**

**% Daily Value\***

15g **19%**  
 2g **11%**  
 0g  
 0mg **0%**  
 260mg **11%**  
 23g **8%**  
 2g **7%**  
 2g  
 3g  
 0mcg 0%  
 20mg 0%  
 0.8mg 4%  
 510mg 10%  
 10%

Not a significant source of added sugars.

### CHEETOS CRUNCHY CHEESE FLAVORED SNACKS

**INGREDIENTS:** ENRICHED CORN MEAL (CORN MEAL, FERROUS SULFATE, NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CORN, CANOLA, AND/OR SUNFLOWER OIL), WHEY, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, CORN MALTODEXTRIN, NATURAL AND ARTIFICIAL FLAVORS, WHEY PROTEIN CONCENTRATE, MONOSODIUM GLUTAMATE, LACTIC ACID, CITRIC ACID, AND ARTIFICIAL COLOR (YELLOW 6).  
**CONTAINS MILK INGREDIENTS.**

### DORITOS COOL RANCH FLAVORED TORTILLA CHIPS

**INGREDIENTS:** CORN, VEGETABLE OIL (CORN, CANOLA, SOYBEAN, AND/OR SUNFLOWER OIL), AND LESS THAN 2% OF SALT, TOMATO POWDER, BUTTERMILK, LACTOSE, ONION POWDER, SUGAR, SKIM MILK, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), GARLIC POWDER, CORN MALTODEXTRIN, POTASSIUM SALT, MONOSODIUM GLUTAMATE, WHEY, DEXTROSE, MALIC ACID, NATURAL AND ARTIFICIAL FLAVORS, SODIUM ACETATE, ARTIFICIAL COLOR (RED 40, BLUE 1, YELLOW 5), SPICES, DISODIUM INOSINATE, DISODIUM GUANYLATE, AND CITRIC ACID.  
**CONTAINS MILK INGREDIENTS.**

### DORITOS NACHO CHEESE FLAVORED TORTILLA CHIPS

**INGREDIENTS:** CORN, VEGETABLE OIL (CORN, CANOLA, SOYBEAN, AND/OR SUNFLOWER OIL), CORN MALTODEXTRIN, AND LESS THAN 2% OF CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, WHEY, MONOSODIUM GLUTAMATE, BUTTERMILK, ROMANO CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY PROTEIN CONCENTRATE, ONION POWDER, POTASSIUM SALT, CORN FLOUR, NATURAL & ARTIFICIAL FLAVORS, DEXTROSE, TOMATO POWDER, LACTOSE, SPICES, ARTIFICIAL COLOR (YELLOW 6, YELLOW 5, RED 40), LACTIC ACID, CITRIC ACID, SUGAR, GARLIC POWDER, SKIM MILK, RED AND GREEN BELL PEPPERS, DISODIUM INOSINATE, AND DISODIUM GUANYLATE.  
**CONTAINS MILK INGREDIENTS.**

### FRITOS ORIGINAL CORN CHIPS

**INGREDIENTS:** CORN, VEGETABLE OIL (CORN AND/OR CANOLA OIL), AND SALT.

### LAY'S BARBECUE FLAVORED POTATO CHIPS

**INGREDIENTS:** POTATOES, VEGETABLE OIL (CANOLA, CORN, SOYBEAN, AND/OR SUNFLOWER OIL), SUGAR, AND LESS THAN 2% OF SALT, DEXTROSE, CORN MALTODEXTRIN, MOLASSES, TORULA YEAST, ONION POWDER, SPICES, TOMATO POWDER, PAPRIKA, NATURAL FLAVORS, CORN STARCH, CAROB POWDER, PAPRIKA EXTRACT (COLOR), YEAST EXTRACT, AND GARLIC POWDER.

### LAY'S CLASSIC POTATO CHIPS

**INGREDIENTS:** POTATOES, VEGETABLE OIL (CANOLA, CORN, SOYBEAN, AND/OR SUNFLOWER OIL), AND SALT.

### RUFFLES CHEDDAR & SOUR CREAM FLAVORED POTATO CHIPS

**INGREDIENTS:** POTATOES, VEGETABLE OIL (CANOLA, CORN, SOYBEAN, AND/OR SUNFLOWER OIL), AND LESS THAN 2% OF CORN MALTODEXTRIN, SALT, WHEY, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), ONION POWDER, MONOSODIUM GLUTAMATE, NATURAL AND ARTIFICIAL FLAVORS, BUTTERMILK, SOUR CREAM (CULTURED CREAM, SKIM MILK), LACTOSE, BUTTER (CREAM, SALT), SODIUM CASEINATE, YEAST EXTRACT, CITRIC ACID, SKIM MILK, BLUE CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), LACTIC ACID, GARLIC POWDER, ARTIFICIAL COLOR (YELLOW 6, YELLOW 5), WHEY PROTEIN ISOLATE, AND MILK PROTEIN CONCENTRATE.  
**CONTAINS MILK INGREDIENTS.**