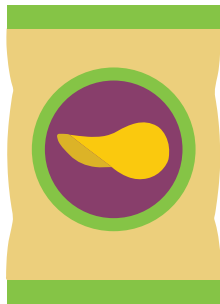


SMART SNACKING: POTATO CHIPS

COMPARED TO THE TOP 10 SNACKS

- Potato Chips
- Veggie Chips
- Apple Chips
- Pretzels
- Banana Chips
- Cheese Crackers
- Plantain Chips
- Trail Mix
- Tortilla Chips
- Granola Bars

POTATO CHIPS STACK UP.





NUTRIENT-DENSE SNACKING

INGREDIENTS

Potato chips are minimally processed and usually made with just 3 ingredients: potatoes, vegetable oil and salt, versus 5 or more ingredients in other snacks.

SUGAR

With less than 1 gram of sugar per serving, potato chips have the least amount of sugar in the snack category.

POTASSIUM

Compared to leading snacks, potatoes have the highest amount of potassium per serving. Potassium is essential for muscle function.

CALORIES

Compared to other snack foods, potato chips are alike in calorie content.

FAT

Potato chips contain 90% **unsaturated fats**, providing consumers with healthier dietary fats from canola, corn or sunflower oils.

Find us on social media at: /PotatoGoodness   

Learn more about the nutritional benefits of potatoes at PotatoGoodness.com

The most popular food & snack brands in America are available at:
<https://today.yougov.com/ratings/food/popularity/food-snack-brands/all>