SMART SNACKING:
POTATO CHIPS

COMPARSED TO THE TOP 10 SNACKS

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

POTATO CHIPS STACK UP.

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

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

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

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

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

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