

**Cheetos**

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**Cheetos**  
**Puffs**

**CHEESE  
PIZZA  
FLAVORED**



CHEESE FLAVORED SNACKS

NET WT. 2 1/2 OZ. (70.8 g)

**GUARANTEED FRESH**  
Until printed date or this snack is on us.  
QUESTIONS OR COMMENTS?  
Weekdays 9:00am to 4:30pm CT  
1-800-352-4477/email at frito-lay.com

**Nutrition Facts**  
2.5 servings per container  
**Serving size About 13 pieces (28g)**

	Per serving	Per package
	<b>150</b>	<b>380</b>
	% DV*	% DV*
<b>Calories</b>		
<b>Total Fat</b>	10g <b>12%</b>	24g <b>31%</b>
Saturated Fat	1.5g <b>7%</b>	3.5g <b>18%</b>
Trans Fat	0g	0g
<b>Cholesterol</b>	0mg <b>0%</b>	0mg <b>0%</b>
<b>Sodium</b>	150mg <b>6%</b>	360mg <b>16%</b>
<b>Total Carb.</b>	16g <b>6%</b>	40g <b>14%</b>
Dietary Fiber	<1g <b>3%</b>	2g <b>6%</b>
Total Sugars	1g	3g
<b>Protein</b>	2g	5g
Vitamin D	0mcg <b>0%</b>	0mcg <b>0%</b>
Calcium	30mg <b>2%</b>	70mg <b>4%</b>
Iron	0.8mg <b>4%</b>	2mg <b>10%</b>
Potassium	130mg <b>2%</b>	330mg <b>6%</b>

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:** ENRICHED CORN MEAL (CORN MEAL, FERROUS SULFATE, NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CORN, CANOLA, AND/OR SUNFLOWER OIL), AND LESS THAN 2% OF WHEY, CORN MALTODEXTRIN, BUTTERMILK, SKIM MILK, SALT, NATURAL FLAVORS, MONOSODIUM GLUTAMATE, TOMATO POWDER, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), YEAST EXTRACT, POTASSIUM SALT, SUGAR, GARLIC POWDER, REDUCED LACTOSE WHEY SPICES, ARTIFICIAL COLOR (RED 40 LAKE), MOZZARELLA CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), PARMESAN CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), DISODIUM GUANYLATE, AND DISODIUM INOSINATE. CONTAINS MILK INGREDIENTS.

**FRITO-LAY, INC.**  
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