



Questions or Comments? 1-800-352-4477  
Weekdays 9:00am to 4:30pm CT  
email or chat at fritolay.com

PRODUCT COMPARISON		
PER 1 OZ. SERVING	SODIUM	TASTE*
FRITOS® Lightly Salted Corn Chips	75 mg	100%
FRITOS® Original Corn Chips	150 mg	100%

Nutrition Facts	
About 9 servings per container	
Serving size	About 34 chips (28g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	5%
Total Sugars 0g	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 0.2mg	0%
Potassium 40mg	0%
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 (CORN AND/OR CANOLA OIL), AND SALT.

FRITO-LAY, INC.  
PLANO, TX 75023-4099  
© 2023 FRITO-LAY  
NORTH AMERICA, INC.



GLUTEN FREE



Scan here for more food information  
or call 1-800-352-4477



0 28400 58965 9  
SL-FRIT-7E LAP 30060799