SMART SNACKING: POTATO CHIPS

COMPAARED 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.

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