



Lay's® Potato Chips Original – .5 oz. (14 g.)

Nutrition Facts	
Serving Size 1 package	
Servings Per Container 1	
Amount Per Serving	
Calories	
80	
Calories from Fat	
45	
%Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Potassium 170mg	5%
Total Carbohydrate 8g	3%
Dietary Fiber less than 1g	2%
Sugars 0g	
Protein less than 1g	
Vitamin A	0%
Vitamin C	4%
Calcium	0%
Iron	0%
Vitamin E	2%
Thiamin	2%
Niacin	2%
Vitamin B6	4%
Magnesium	2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total	300g 375g
Carbohydrate	
Dietary	25g 30g
Fiber	
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Ingredients:
Potatoes, Vegetable Oil (Sunflower, Corn and/or Canola Oil), and Salt.

No Preservatives.

Case UPC	000-28400-19846-2
Bag UPC	0-28400-01070-2
Case Pack	120/ .5 oz. bags
Kosher Status	Yes - OU
AHG Compliant	No
Grain/Bread Equivalents	No
Weight of Grain	n/a
Document Updated	2/12

I verify the above information is accurate as of 2/27/12.

Jan Ruegg
PepsiCo Foodservice/Vend
Nutrition Science

All products are accurately labeled with the most current information however, since the ingredients are subject to change at any time, we recommend you check the label on the specific product for the most current and accurate information