



<u>Tostitos® TOP N GO Reduced Fat Crispy Rounds – 1.4 oz.</u>

Nutrition Facts	
1 Serving per container	
Servings Size	1 package
Amount per serving	190
Calories	130
	%Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 28g	11%
Dietary Fiber 3g	12%
Total Sugars 0g	
Protein 3g	
Vitamin D 0mcg	0%
Calcium 36 mg	2%
Iron 1mg	2%
Potassium 63 mg	0%
Not a significant source of add	ed sugars
*The % Daily Value (DV) tells y nutrient in a serving of food col diet. 2,000 calories a day is us	ntributes to a daily

I verify the information is accurate as of 1/25/17.

Jan Ruegg PepsiCo Foodservice/Vend

Nutrition Science

972-334-2165

advice.

Frito-Lay Inc. Plano, TX 75024-4099

Ingredients:

Whole Corn, Corn, Vegetable Oil (Corn, Sunflower and/or Canola Oil), and Salt.

Case UPC	000-28400-66006-8
Bag UPC	02840064871
Case Pack	21/1.4 oz. bags
Kosher Status	Yes – Triangle K
USDA Smart Snack Compliant	Yes
Contains the FDA Whole Grain	
Claim*	Yes
Grain- oz. eq.	2 oz. eq.
Weight of Grain	33.6 g
Document Updated	1/17

* Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol may help reduce the risk of heart disease.



