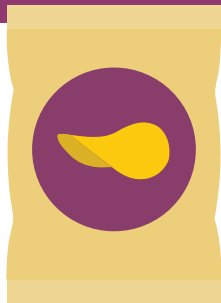


# SMART SNACKING: POTATO CHIPS

## COMPARED TO THE TOP 10 SNACKS

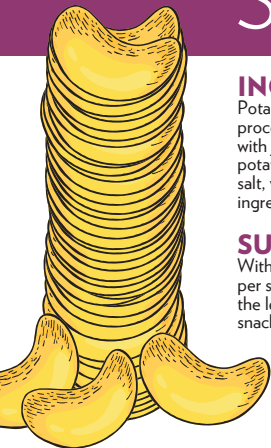
- Potato Chips
- Tortilla Chips
- Trail Mix
- Apple Chips
- Veggie Chips
- Granola Bars
- Banana Chips
- Pretzels
- Plantain Chips
- Cheese Crackers

## 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](https://www.potatogoodness.com)

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