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but... a lot is invisible in our spaces

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Ingredients: Whole Corn, Vegetable Oil (Sunflower, Canola, and/or Corn Oil), Maltodextrin (Made From Corn), Salt, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Whey, Monosodium Glutamate, Buttermilk, Romano Cheese (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Whey Protein Concentrate, Onion Powder, Corn Flour, Natural and Artificial Flavor, Dextrose, Tomato Powder, Lactose, Spices, Artificial Color (Including Yellow 6, Yellow 5, and Red 40), Lactic Acid, Citric Acid, Sugar, Garlic Powder, Skim Milk, Red and Green Bell Pepper Powder, Disodium Inosinate, and Disodium Guanylate.

CONTAINS MILK INGREDIENTS.

Nutrition Facts

Serving Size 1 oz (28g/About 11 chips)

Amount Per Serving

Calories 140 **Calories from Fat** 70

% Daily Value

Total Fat 8g **16%**

Saturated Fat 1g

Trans Fat 0g

Cholesterol 0mg

Sodium 210mg

Total Carbohydrate 16g

Dietary Fiber 1g

Sugars 0g

Protein 2g

Vitamin A 2% • Vitamin C

Calcium 0% • Iron

Thiamin 2% • Vitamin B6

* Percent Daily Values are based on a diet of other people's secrets. 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	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

What's in our **food**?

What's in our **bodies**?