

How to choose...

## CHIPS AND CRISPS

Per 100g - sorted by saturated fat content (lowest at the top)

**QUICK CHECK**

- Watch the serving size
- Look for lower kJ
- Go for less than 5% saturated fat

Brand - Product	Pack Size g	Energy kJ	Fat g	-saturated g	Sodium mg	First 4 Ingredients	Taste Comments
 <b>Abe's Real Bagel Crisps</b> Rock salt flavour	150	1650	10.0	0.9	1490	Wheat flour, vegetable oil, rock salt (4%), sugar	Crunchy texture; good for dips; alternative to potato chips
 <b>Health Plus Vege Crisps</b> Sour cream & chives flavour	130	2000	21.9	1.8	1390	Cassava flour (68%), monounsaturated sunflower oil, sugar, sour cream & chives flavour	Strong flavour; unique light texture
 <b>Health Plus Vinaigrette</b> flavour	150	1940	25.0	2.2	790	Potatoes, monounsaturated sunflower oil, vinaigrette flavour, food acids	Light flavour; crunchy and moreish
 <b>Health Style</b> Sour cream & chives flavour	150	2130	32.0	2.2	570	Potato, canola oil, sour cream & chives flavour, lactose	A nice thicker chip; subtle flavour not overly seasoned
 <b>Garden of Eatin' Sesame Blues</b> (tortilla chips with sesame seeds)	212	2243	28.6	3.6	321	Organic blue corn, expeller pressed canola oil, and/or safflower oil and/or sunflower oil, organic sesame seeds, sea salt.	Good sesame flavour; heavier texture (as corn chips are); unusual dark blue colour!
 <b>Trident Rice Ones</b> Sea salt flavour	80	1790	8.8	3.9	1160	Rice (49%), corn starch, palm oil, maltodextrin	Firmer texture of the rice crisp makes them very crunchy
 <b>Danny's Real Pita Crisps</b> Onion & poppy seeds flavour	150	2000	16.8	6.8	580	Wheat flour, water, pure vegetable oil, natural flavours	Good for dipping; another popular chip alternative
 <b>Pringles Light</b> Sour cream & chives flavour	160	2037	25.0	7.0	640	Dehydrated potatoes, vegetable oil, wheat starch, maltodextrin	Subtle flavour; some love the different texture of Pringles, and some don't!
 <b>Grain Waves</b> Honey mustard flavour	150	1850	20.4	8.5	630	Cereals (69%), corn, whole wheat, wheat flour, rice flour	Interesting sweet and savoury flavour; a substantial chip
 <b>Patak's Pappadum Snacks</b> BBQ Tandoori flavour	75	1970	23.6	11.2	2421	Lentil flour, vegetable oil, salt, spices	Authentic spicy flavour with light pappadum texture
 <b>Eta Slims</b> Ready salted flavour	150	2170	33.6	15.6	430	Potatoes, vegetable oil (antioxidants 319, 330), salt.	A popular chip although a little oily

Products purchased from: New World, College Hill, Auckland, July 2007.  
(These examples were chosen to illustrate the types of products available – there are many more)