

How To Read The Nutrition Label



Here's good news! Your favorite Utz Snacks can be incorporated into a nutritious diet. Recent studies show that when favorite foods are included, people actually are more likely to stick to a healthier diet. On all Utz packages, you'll find a nutrition label called "Nutrition Facts". This label was developed by the Food and Drug Administration (FDA) to help you determine which foods fit into a healthy diet, identify nutrients that impact health, and provide guidelines for nutrient claims.

AMOUNT PER SERVING: These are weights, measured in grams or milligrams, and show how much of a nutrient each serving contains. The "% Daily Values" listed next to these values is useful in determining how a food fits into a 2,000-calorie diet.

CALORIES: Lists the number of calories in the serving stated above.

TOTAL FAT: Lists the grams of fat in a serving of the food. Higher fat foods should be balanced with lower fat foods.

SATURATED FAT: This is part of the total fat in food. Don't add total fat and saturated fat together.

CHOLESTEROL: The cholesterol in all Utz Snack foods is extremely low. In fact, most of our products have a "0" cholesterol count.

SODIUM: The average Utz product contains less than 10% of the Daily Value for sodium.

SERVING SIZE: Now listed in "consumer friendly" terms (ounces, cups, etc.). Be sure to match this number with the amount you are eating.

CALORIES FROM FAT: Total grams of fat multiplied by 9 calories per gram.

PERCENT OF DAILY VALUE (%DV): These numbers show what portion of the Daily Value is provided by one serving of the food. These numbers are useful in determining whether a food is high or low in a certain nutrient, and in balancing your food choices.

SUGARS: Unlike other nutrients, sugars do NOT have a Daily Value. Good news, again! Utz Snacks all have a very low sugar content.

PROTEIN: Contrary to popular belief, protein is not only found in animal products. We get protein from eating cheese, grains, cereals, and even some protein found in Utz products.

DAILY VALUES: These are reference amounts set by the Government for daily nutrient intake.

Nutrition Facts		
Serving Size 1 oz. (28g/about 20 chips)		
Servings Per Container: 6		
Amount Per Serving		
Calories 150	Calories from Fat 80	
% Daily Values*		
Total Fat 9g	14%	
Saturated Fat 2g	10%	
Cholesterol 0mg	0%	
Sodium 95mg	4%	
Potassium 370mg	10%	
Total Carbohydrate 14g	5%	
Dietary Fiber 1g	4%	
Sugars less than 1g		
Protein 2g	4%	
Vitamin A *	Vitamin C 10%	
Calcium *	Iron 2%	
*Contains less than 2% of the Daily Value of these nutrients.		
*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
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g