



**@THE STORE**

**VS**

**@SCHOOL**

Calories - 150  
Total Fat - 8gm  
Sat Fat - 1gm  
Sodium - 210mg  
Carbs - 18gm  
Fiber 1gm  
Protein 2gm

Calories - 130  
Total Fat - 5gm  
Sat Fat - 1gm  
Sodium - 200mg  
Carbs - 20gm  
Fiber - 2gm  
Protein - 2gm

The chips at school have less calories, fat and sodium. They also have more fiber with the same great taste.




# The chips at school are whole grain.

## Why are the whole grain chips a better choice?

Whole grain provides:

	<b>Fiber</b>
	<b>Vitamins</b>
	<b>Minerals</b>
	<b>Other Nutrients</b>

Whole grain helps control:

	<b>Cholesterol</b>
	<b>Weight</b>
	<b>Blood Pressure</b>

These foods also help lower the risk of diabetes, heart disease and other conditions.

Small changes can make a life long impact!