

Potato Chips: The Truth Revealed

by Nanette Maxim, Posted Mar 8th 2011 @ 2:00PM

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Thinking of switching from a classic potato chip or corn chip to one that claims to be healthier? Before you give up the Fritos, have a look at Healthcastle.com's amazingly helpful nutritional comparison of 40 top brands, reports NPR. You may be surprised at what those "better-for-you" chips actually save in the fat and calories departments.

Take Lay's Classic potato chips (ok, I admit it, they're my personal fave, so that's where I looked first) compared with Corazona's Slightly Salted Chips. Corazona's chips have 30 fewer calories for a one-ounce serving (let's just pretend we eat only an ounce), and 4 fewer grams of fat, but both have zero trans fats and sugars. And Corazona's are higher in carbs by 3 grams. So if it's a calories-and-fat battle you're waging, you might as well stick with the Lay's. But sodium? Lay's has double, with 180 mg. to Corazona's 90. (And yes, corazona means "heart" in Spanish.)

How about corn chips? When Fritos Original Corn Chips face off with Garden of Eatin' Yellow Corn Tortilla Chips, the results are fairly similar to the one with the potato chips. While calories and fat grams are not all that different, there are 100 more milligrams of sodium in the Fritos. And as we've all been schooled, high sodium intake can lead to high blood pressure.

Get more of the story at NPR, and for the full comparison, visit Healthcastle.com

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