



SMARTER CHOICES *with*



PEPSICO
foodservice | **k-12**



As a division of PepsiCo, Frito-Lay offers a variety of products that are compliant with rigorous USDA standards, including restrictions on saturated fat, added sugars, and sodium. Our sensible selections positively impact student nutrition.

WHOLE GRAINS

Frito-Lay offers many products with 8 grams or more of Whole Grains per serving available for schools. These products not only meet or exceed USDA School Meal Guidelines for individual nutrients, but they also help meet overall recommended whole grain intake.



While some of these products are sold on retail store shelves like SunChips and Baked Tostitos, others are developed specifically for schools, including Doritos® Reduced Fat and Cheetos® Whole Grain Rich.

SNACK-TO-SNACK COMPARISON: FAT, SUGAR AND SODIUM

Frito-Lay school snacks are at the head of the class in flavor AND lower in fat, sugar and sodium compared to products bought outside of school. All foods and beverages sold to students during the school day from snack bars/racks, school stores and vending machines meet the following high nutrition standards.



** Some, but not all, snacks are reduced fat.

Must be a: Grain product that contains 50%+ whole grains by weight or have a whole grain as the first ingredient; **or** Have as the first ingredient a fruit, vegetable, dairy product, or protein food; **or** Be a combination food that contains at least ¼ cup of fruit and/or vegetable. **And** meet the following criteria.

Calories	≤ 200
Total Calories from Fat	≤ 35%
Calories from Saturated Fat	< 10%
Total Sugar by Weight	≤ 35%
Trans Fat	0 g
Sodium	≤ 200 mg

MEETING NUTRITIONAL PREFERENCES PARENTS CARE ABOUT

Gluten Free

Many of our snack products are made with quality ingredients such as corn or potatoes, which inherently do not contain gluten. We have a wide range of snack products that are gluten free and are offered through our school nutrition programs.



No Artificial Colors or Flavors

Frito-Lay offers many products that are made without artificial flavors, added MSG, and include no colors from artificial sources.



For more information about our portfolio and specific nutritional concerns, please visit www.PepsiCoschoolsource.com

SNACK-TO-SNACK COMPARISON: SODIUM, ADDED SUGARS & SATURATED FAT

Frito-Lay snacks are at the head of the class in flavor AND comparable in sodium, added sugars and saturated fat to typical products served in the cafeteria. Also, Frito-Lay products contain zero grams trans fats per serving.



Grandma's® Mini Bites (1 oz.)	70 Sodium (mg)	4 Added Sugars (g)
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Toaster Pastry (1 oz.)	100 Sodium (mg)	8 Added Sugars (g)
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Doritos® Reduced Fat Nacho Cheese Flavored (1 oz.)	200 Sodium (mg)	1 Saturated Fat (g)
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Whole Grain Cheese Crackers (1 oz.)	220 Sodium (mg)	1 Saturated Fat (g)
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Tostitos® Baked Scoops! (1 oz.)	140 Sodium mg	0 Saturated Fat (g)
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Whole Wheat Roll (1 oz.)	150 Sodium mg	0 Saturated Fat (g)
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Source – USDA Food Composition Database: Toaster Pastry with Fruit (18939), Whole Grain Cheese Crackers (28303), Whole Wheat Roll (18348). The 2020 Dietary Guidelines recommend limiting daily sodium intake to less than 1,800 milligrams (mg) for ages 9-13 and 1,500 mg for ages 4-8; and limiting saturated fat and added sugars to less than 10% of calories per day.