

Baked Potato Chips vs. Fried Potato Chips

What's the Diff?!?

Each 1 ounce serving size (about 15 chips) has:

	Potato Chips	
	Baked	Fried
Calories	120	150
Calories from Fat	15	90
Total Fat (g)	2	10
Saturated Fat (g)	0	1
<i>Trans</i> Fat (g)	0	0
Dietary Fiber (g)	2	1

Baked potato chips have **80% less fat** than fried!

