

5 EASY STEPS TO LABEL READING

1. Always note serving size.
2. Always note grams of fat and multiply by 9 to get the calories of fat. Note the grams of protein and carbohydrate and multiply by 4 to get the calories of protein and carbohydrate. Divide the calories of each nutrient by the total calories to get the percentage of the calories from each nutrient.
3. Note calories per serving.
4. Remember, ingredients appear in descending order by weight.
5. If it's too lengthy, and you can't pronounce the words, it's probably not good for you.

Lay's® BRAND

**BAR-B-Q
FLAVORED
POTATO CHIPS**

LAY'S® brand Potato Chips Are Fun To Eat.
They're So Thin...So Light...So Crisp. No One
Can Eat Just One!®

NUTRITION INFORMATION (Per Serving)

Serving Size 1 1/8 ounce
Number of Servings 1

Calories.....	170
Protein.....	2 grams
Carbohydrate.....	17 grams
Fat.....	11 grams
Cholesterol†..(0mg/100g).....	0 milligrams
Sodium.....	390 milligrams
Potassium.....	470 milligrams
Percentage of U.S. Recommended Daily Allowance (U.S. RDA)	
Protein.....	2
Vitamin A.....	*
Vitamin C.....	10
Thiamine.....	2
Riboflavin.....	2
Niacin.....	6
Calcium.....	*
Iron.....	2
Vitamin B ₆	10
Phosphorus.....	4
Magnesium.....	4

† Information on fat and/or cholesterol content is provided for individuals who, on the advice of a physician, are modifying their total dietary intake of fat and/or cholesterol.

* Contains less than 2% of U.S. RDA for this nutrient

Frito-Lay shown on the front of the package, fresh product when the package is first opened or the purchase price plus postage, if any, will be refunded.

If for any reason you have any questions, comments, or are not satisfied, call toll-free 1-800FLCHIPS weekdays 9 to 4:30 Central Time with date/price mark, brand and size.

If writing, please send date/price mark and reason for dissatisfaction to Guaranteed Fresh, PO Box 35125, Dept. 42, Dallas, Texas 75235-0025.

Ingredients: Potatoes, Vegetable Oil (Contains one or more of the following: Sunflower Oil, Canola Oil, Corn Oil, Cottonseed Oil, Partially Hydrogenated Canola Oil, Partially Hydrogenated Soybean Oil, Peanut Oil or Partially Hydrogenated Cottonseed Oil), Salt Corn Flour, Spices, Dextrose, Sugar, Hydrolyzed Vegetable Protein, Monosodium Glutamate, Onion, Corn Starch, Tomato, Modified Corn Starch, Citric Acid, Extractives of Paprika, Artificial and Natural Flavors, and Garlic.

FRITO-LAY, INC.
DALLAS TEXAS 75235-5224

Plants from Coast to Coast
Reg. Penna. Dept. Agr.

**DON'T BE A LITTERBUG-
KEEP AMERICA BEAUTIFULL!**

SEVEN TIPS TO BALANCED LIVING

Living a healthy lifestyle is truly a matter of choice. Exercising and eating right are only a small part of the picture. Research indicates that our thoughts, beliefs, and expectations influence our well-being and our immune systems. We all have the ability to become masters of our own lives.

1. *Stay fit.*

Get plenty of exercise, eat nutritious foods, drink lots of water and rest. Use the stairs rather than riding the elevator; Park a few blocks away from your office and enjoy the walk.

2. *Relax.*

Keep your stress level under your control. Get involved in sports, recreational activities, hobbies or even learn some relaxation techniques; take a very deep breath and think about the happiest thing you can. As you exhale, smile. Do this at least three times per day.

3. *Get rid of negative emotions.*

Replace negative emotions with positives! Your mind cannot hold opposing thoughts. Recall a pleasant memory, or engage in an activity that excites you. "Simply remember your favorite things, and then, you won't feel so bad!"

4. *Daily, visualize your goals and dreams.*

Your thoughts determine your experiences. Think positively about what you want to become part of your life. "What you view, you will do."

5. *Take quiet time.*

Enjoy your own company. Activities are external; peace and harmony come from within.

6. *Simplify your life.*

You don't have to go faster and push harder just because others around you do. You can choose your own rate of speed. Take a "subject break" from whatever you are working on. Taking just ten minutes to shift your focus allows you to return to your work refreshed.

7. *Develop a sense of humor.*

Hearty laughter every day can stimulate the immune system. Don't take yourself or life too seriously. Laughter is the "best medicine."

BUTTER VERSUS MARGARINE

1. Margarine is a saturated or semi-saturated fat. It is saturated artificially through hydrogenation.
2. In the process of hydrogenating, polyunsaturated vegetable oils creates misshapen molecules called “trans fatty acids.” Margarine contains approximately 30% trans fatty acids.
3. Trans fatty acids lower the good cholesterol (HDL) and raise the bad cholesterol (LDL) and are suspected as a cause of cancer and other health problems.
4. Margarine also contains additives such as BHT.
5. Even though butter is a "natural food", the fat in butter is saturated and contains cholesterol.

What to do while the evidence on processed fats is still being collected:

- * Switching to butter is prudent as long as you use it and all other fats sparingly.
- * Better butter is best! It's no more saturated than margarine. It's spreadable, so you use smaller amounts. It's half the saturated fat of butter. The other half is a monounsaturated fat which is beneficial. BETTER BUTTER has the same reduced amount of saturated fat as margarine without the processing (hydrogenation) or additives.

Better Butter

1 cup canola, or olive oil
1 cup (2 cubes) butter, softened
2 Tbs. water
2 Tbs. dried skim milk

Combine all ingredients, blend or process until smooth. Pour into containers and store in refrigerator. Use sparingly.

Notes: Better butter has the same reduced amount of saturated fat as margarine without the processing (hydrogenation) or additives. Because it spreads so easily, you will need less. It can be made without the skim milk and water, but these items help the product stay solid at room temperature longer.