

Is 'Less Fat' Potato Chips a Healthier Choice?

Potato chips with 'less fat' may not necessarily be healthy!

To determine whether a food product is a healthier choice, we first need to determine whether it is high in fat, sugar and sodium (salt). Please refer to the following advice from the Centre for Food Safety:

Tips for Choosing Healthier Food			
Check out the fat, sugars and sodium (or salt) contents in nutrition labels and make a healthier choice of "3 Low".			
	What is High? (Choose less)	What is Low? (Choose more)	
	Per 100 g (more than)	Per 100 g (not more than)	Per 100 mL (not more than)
Total fat	20 g	3 g	1.5 g
Sugars	15 g	5 g	
Sodium	600 mg	120 mg	

'Shopping Card' – Centre for Food Safety

Take the example of ABC brand potato chips (see table below), although the 'less fat' version (23.9g of fat per 100g) is 25% less in fat than its 'regular' version, both versions are actually high in total fat. Moreover, the sodium (salt) contents are the same in both versions (607mg of sodium per 100g), and are classified as high salt foods.

Comparison of nutritional contents of the 'less fat' and 'regular' versions of ABC brand potato chips:

Nutrition content	ABC chips with 'Less Fat'	'Regular' ABC chips
	Per 100g	Per 100g
Energy	339 kcal ¹	536 kcal ¹
Total Fat ²	23.9g	32.1g
Sodium	607mg	607mg

¹ 1 kcal = 1000 calories = 4.2 kJ

² 4.5g Fat is equivalent to around 1 teaspoon of oil

Therefore, do not rely solely on Nutritional Claims when choosing your food product. Read the nutritional labels carefully and don't be misled by claims on the packages.

To know more about ...

- ✧ healthy eating, please visit 'Health Zone' website at <http://www.cheu.gov.hk>
- ✧ information on nutritional labels, please visit the Centre for Food Safety website <http://www.nutritionlabel.gov.hk>
- ✧ 'Health@work.hk Project', please visit <http://www.healthatwork.gov.hk>