

## **Tyrrells naked no salt potato**

**crisps** 50g, £1

**Per 50g:** 166 calories, 13.95g fat, trace salt

**Nutritionist's verdict:** "These crisps are thicker than most, which accounts for the higher fat content, as the crisp absorbs more oil — vegetable oil in this case — during the cooking

process. But top marks for pure, natural ingredients, and the lack of added salt. While plain, they still taste nice. the more

you get used to not adding salt to your diet, the sooner you can wean yourself off it."



[www.tyrrellspotatochips.co.uk](http://www.tyrrellspotatochips.co.uk)

**Health rating:** ★★★★★

## **Tyrrells Worcester sauce with**

**sun dried tomatoes** 50g, £1.05.

**Per 50g:** 264 calories, 13.9g fat, 1.2g

**Nutritionist's verdict:** "While these are high in fat and calories, they're also completely natural, with no

colourings or additives. Which is just how a crisp should be. However, as with all crisps, keep them as a once-in-a-while treat, otherwise you'll pile on the pounds."

**Health rating:** ★★★★★☆