

Crisps

1 Tyrrells Naked (No Salt) Chips (50g), 64p

Per 100g: 499kcal, 7.7g protein, 56.5g carb, 27.5g fat, 0g sodium

2 Sainsbury's Be Good to Yourself Sea Salt and Black Pepper Bites (6 x 20g), £1.69

Per 100g: 358kcal, 5.8g protein, 78g carb, 2.5g fat, 0.5g sodium

3 Doritos Corn Chips Lightly Salted (200g), £1.19

Per 100g: 495kcal, 7.5g protein, 64g carb, 23g fat, 0.3g sodium



JH The Sainsbury's ones look like mini poppodoms.

AM At least Tyrrells look more like crisps.

JoH And they taste of potato as well. The ingredients list in these is short: potato and oil. The potatoes don't get heated so many times and the trans-fat content is lower. When you see "hydrogenated", this refers to trans-fats. These start out as more healthy polyunsaturated fat, but processing at high temperatures damages their structure.