

20121105 - Nutritional balance of potato crisps - 2012

[Data] [[<Normal page](#)] [**PEREZGONZALEZ Jose D (2012)**. *Nutritional balance of potato crisps*. Journal of Knowledge Advancement & Integration ([ISSN 1177-4576](#)), 2012, pages 320-322.]

Potato crisps' BNI

Perezgonzalez assessed the nutritional balance of potato crisps³ in 2012, as part of a research on the nutritional composition of snacks in New Zealand.

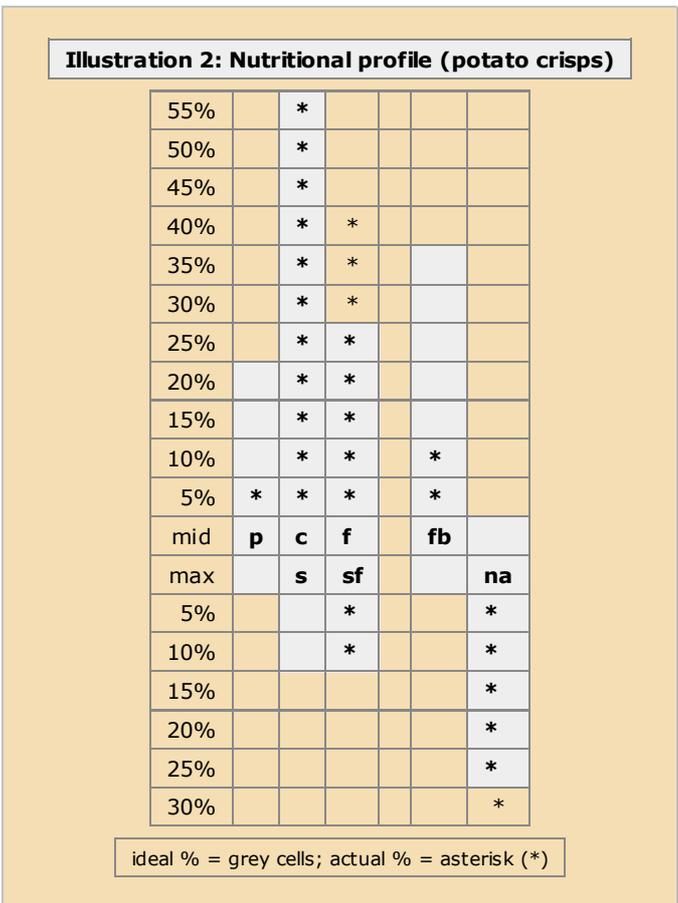
Potato crisps had, on average, a nutritional unbalance of [BNI 44.98-fb](#), being particularly biased towards deficiency in fiber. They were also adequate in carbohydrate and sugar, high in fat, saturated fat and sodium, and low in protein.

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Illustration 1: Nutrition information (potato crisps)		
BNI	44.98-fb	0.00
Food, 100g	2012	Ideal
Protein	3.9	23.3
Carbohydrate	63.4	64.1
Sugar	2.7	< 11.7
Fat	21.9	13.0
Saturated fat	6.0	< 5.2
Fiber	3.2	7.0
Sodium	0.622	< 0.466
Kcal	466.3	466.3
kJul	1951.0	1951.0



International standards

Potato crisps appeared as equally unbalanced according to international [Recommended Dietary Intakes \(RDIs\)](#), slightly less so according to US/CAN and UK standards.

Illustration 3: Nutritional balance across international RDIs

Potato crisps	(dietIndex)	44.98	42.85	31.43	40.66	32.58
Product100g	Company	BNI	WHO	US/CAN	AUS/NZ	UK
WeightWatchers Crinkle Chips cheese & onion	WeightWatchers	24.72	14.72	12.18	22.33	22.18
WeightWatchers Potato Bakes sour cream & chives	WeightWatchers	33.34	21.14	20.51	30.98	22.65
WeightWatchers Crinkle Chips roast chicken	WeightWatchers	36.78	20.28	23.92	34.65	26.63
Pringles cheddar cheese	Procter & Gamble	65.49	63.09	56.07	56.58	47.49
Pringles the original	Procter & Gamble	66.39	63.99	56.07	56.58	47.49
Healtheries Air Popped Potato Bites sour cream & chives	Vitaco Health	67.85	53.48	52.57	62.57	58.20
Healtheries Air Popped Potato Bites sea salt	Vitaco Health	69.54	54.46	54.39	64.39	59.31
Pringles sour cream & onion	Procter & Gamble	69.96	67.56	56.58	57.10	48.00
Pringles hot & spicy	Procter & Gamble	72.28	70.35	58.86	59.27	51.95
Pringles Texas BBQ	Procter & Gamble	76.90	74.56	63.34	63.85	55.01
Pringles salt & vinegar	Procter & Gamble	88.00	85.73	73.06	73.55	64.96

(Source: Perezgonzalez, 2012²)

Methods

Research approach

Exploratory study.

Data

The research sample contained 11 potato crisp products², including different brands and flavors, collected in a convenient manner.

Materials & analysis

Relevant data were collated, then assessed using the [Balanced Nutrition Index™ \(BNI™\)](#) technology (see Perezgonzalez, 2011¹). SPSS-v18 was used for the computation of variables, including BNI and international indexes, and statistical analyses.

References

1. **PEREZGONZALEZ Jose D (2011)**. *Balanced Nutrition Index™ (BNI™)*. Journal of Knowledge Advancement & Integration ([ISSN 1177-4576](#)), 2011, pages 20-21.
 2. **PEREZGONZALEZ Jose D (2012)**. *Crispy crisps*. The Balanced Nutrition Index ([ISSN 1177-8849](#)), 2012, issue 7.
- +++ **Notes** +++
3. Snacks made from dehydrated potato, potato flakes, etc (thus, not including [potato chips](#)).

Want to know more?

BNI analysis of individual potato crisp products

You can access either the [BNI™ database](#) or the '[BNI™ journal \(2012, issue 7\) - Crispy crisps](#)' for individual nutrition analyses of each food product in the sample.

[Wiki of Science - Nutritional balance of potato crisps \(descriptive statistics\)](#)

This Wiki of Science page provides further descriptive information about the nutritional balance of potato crisps.

[Wiki of Science - Nutritional balance of foods](#)

This Wiki of Science page collates information about several foods on a single page and provides useful links to the appropriate files.

Author

Jose D PEREZGONZALEZ (2012). Massey University, Turitea Campus, Private Bag 11-222, Palmerston North 4442, New Zealand. ( [JDPerezgonzalez](#)).



Other interesting sites

 <p>Journal KAI</p>	 <p>Wiki of Science</p>	 <p>AviationKnowledge</p>	 <p>A4art</p>	 <p>The Balanced Nutrition Index</p>
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