



Boutique chips

SEARCHING FOR A HEALTHIER SAVOURY
SNACK OPTION? THE LATEST WAVE OF
GOURMET CHIPS MAY BE JUST WHAT YOU'RE
LOOKING FOR. BY VANESSA SCHULDT

Boutique chips made from interesting ingredients are increasingly captivating our tastebuds. While some are nutritionally superior to the regular potato crisp, others have similar kilojoule, fat and sodium counts. So before grabbing that packet of fancy chips off the shelf, switch your nutrition radar on with these pointers:

Kilojoules: Instead of eating the serving size suggested by the manufacturer, do your sums to work out how many grams of chips you can eat without exceeding 600kJ – a gold standard kilojoule limit for a snack.

Fat: It's the saturated fat you need to watch, as it can clog your arteries. Chips cooked in 'palmolein oil' have higher saturated fat counts than other cooking oils. If the ingredients list simply states 'vegetable oil' and the chips contain about 14-16g of saturated fat per 100g, the oil is most likely to be palmolein oil. Instead, look for chips cooked in sunflower, canola or rice bran oil, containing less than 5g saturated fat 'per 100g'. Then make it a personal target to limit the portion of chips you eat to stay under 3g of saturated fat per serving.

Salt: Taper the amount of chips you eat to keep your sodium intake under 200mg in one serving. For example, in a product containing 800mg of sodium per 100g, set aside a 25g portion of chips to stay within this sodium limit.



Check out these fancy chips to satisfy your crisp craving.



1
Spiral Foods Spicy Wasabi Chips

They're crafted in Japan from an assortment of vegetables, rice bran oil and wasabi for a real fiery kick.

Per 100g serve: 1812kJ, 11g total fat, 4.2g saturated fat, 798mg sodium, fibre unknown.

2
Muso Organic Green Pea Chips

They're super low in fat, contain iron (3.9mg/100g) and are high in fibre.

Per 100g serve: 1577kJ, 1.7g total fat, 0.1g saturated fat, 750mg sodium, 21.3g fibre.

3
R.W. Garcia Organic Blue Maize Tortilla Chips

Being only lightly salted, these are a good choice for sodium watchers.

Per 100g serve: 1967kJ, 18.2g total fat, 2.5g saturated fat, 0.1g sodium, 5.8g fibre.

4
Grain Waves Wholegrain Chips, Original

These have 30 per cent less fat than regular potato crisps, plus a 40g serve provides about half of your wholegrain daily target.

Per 100g serve: 2000kJ, 20.8g total fat, 3.4g saturated fat, 436mg sodium, 6.4g fibre.



AIM FOR THESE NUTRITION TARGETS WHEN BUYING CHIPS
Per serving

Energy
600kJ or less

Saturated fat
3g or less

Sodium
200mg or less



5
Spiral Foods Sea Vegetable Chips

Made from four different seaweeds, these are a tasty way to add some ocean flavour to your diet.

Per 100g serve: 1916kJ, 15.6g total fat, 4.5g saturated fat, 480mg sodium, fibre unknown.



7
The Vege Chip Company Ajitas Vege Chips, Sweet & Sour

Made from cassava and cooked in sunflower oil, they boast 40 per cent less fat than regular chips.

Per 100g serve: 1890kJ, 18.2g total fat, 1.7g saturated fat, 750mg sodium, 5.4g fibre.

6
Skinns Potato Chips, Honey Sweet Chicken

Baked not fried, using sunflower oil, they contain 75 per cent less fat than regular chips.

Per 100g serve: 1620kJ, 7.6g total fat, 0.3g saturated fat, 672mg sodium, 10.5g fibre.



WHAT ABOUT VEGETABLE CHIPS?

Many beetroot and sweet potato chips sold in Australia (Thomas Chipman, Absolute Organic, Nature's Earth, Macro Wholefoods Market) are cooked in 'vegetable oil', with the actual oil being 'palmolein oil'. The downside is many of these chips carry less than desirable saturated fat contents, with about 14g to 16g saturated fat per 100g. The vegetables used are terrific and with a simple oil change they could be converted from a ho-hum snack into a crunchy snack hero. A little lobbying from nutrition-conscious consumers could make this happen.

If you crave a boutique vegetable chip, try: The Vege Chip Company Ajitas Vege Deli Crisps, Original - with purple and orange sweet potatoes + taro. Made with taro and orange and purple sweet potato, it's a culinary experience in a snack. The oil used is certified sustainable palmolein oil, yet the saturated fat content is better than most chips cooked in this oil, with just over 10g saturated fat per 100g. Stick to the manufacturer's serving size of 26g to stay within the nutrition limits set for chips.

Per 100g serve: 2160kJ, 26.3g total fat, 10.1g saturated fat, 420mg sodium, 6.1g fibre.

A PAT ON THE BACK!

In 2011, the Smith's Snackfood Company made the switch to high-oleic (monounsaturated) sunflower oil, thereby removing 1800 tonnes of saturated fat from the Australian food supply each year. Smith's chips now contain 75 per cent less saturated fat than chips cooked in 100 per cent palmolein oil. ☺