



YOUR GUIDE TO CHOOSING HEALTHIER CHIPS

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TABLE CONTENT

01 Welcome

02 What makes a healthy chips?

03 Nutrition Rating & Guide

04 Examples from DUBAI



WELCOME

Hello, I'm Tonie Maria, a Dietitian and Nutritionist dedicated to simplifying healthy living. My philosophy centers around embracing a healthy lifestyle without deprivation or elimination. Over the years, I've spent time reviewing grocery products to select healthier options, aiming to make a healthy lifestyle easy and simple.

I'm excited to introduce you to my healthy chips buying guide. This guide is designed to help you navigate the snack aisle with confidence, making informed decisions about your chip choices.



We shouldn't have to sacrifice the joy of a satisfying crunch!

This guide is designed to assist you in navigating the wide array of options available and selecting the healthiest choices whenever possible, so we can fully savor these enjoyable snack foods. Join me as we delve into what to look for and what to avoid when choosing healthy chip options.

QUALITIES OF HEALTHY CHIPS

We've all experienced it: that moment in the snack aisle, deliberating over which bag of chips to choose. It's important to note that overindulging in any of the available options is not recommended for daily snacking. However, if you decide to treat yourself to some salty snacks once in a while, understanding their nutritional value is crucial.

That's why I'm here to help!

When it comes to healthier chips, two key factors to consider are saturated fat and sodium (salt) content. Excessive intake of these nutrients can be harmful to heart health, so it's important to keep them in check.

Another crucial aspect is the ingredients list. Opt for chips with a short list of ingredients, and avoid products with long lists containing additives and artificial flavors. Many modern chips are made from highly refined flours and powders, but these are not the healthiest choice as they are far from real food.



TONIE'S HEALTHY GUIDE



I developed this **nutrition rating system** for chips based on three factors: levels of saturated fat, sodium content, and how highly processed it is (indicated by the length of the ingredient list).



<5 g Saturated Fat

<600 mg Sodium

Max 5 ingredients

(per 100 grams)

5-7 g Saturated Fat

600-800 mg Sodium

5-8 ingredients

(per 100 grams)

> 8 g Saturated Fat

> 900 mg Sodium

> 9 ingredients

(per 100 grams)

Moderately

Occasionally

Avoid

MODERATELY: ONCE PER WEEK

OCCASIONALLY: ONCE PER MONTH

AVOID: LIMIT AS MUCH AS POSSIBLE

TONIE APPROVED LIST

In addition to my rating system, when selecting my top choices for chips, I aim to prioritize high-quality ingredients and pay attention to production methods and hidden ingredients. Additionally, I consider labels such as Organic, Non-GMO, and no MSG as a bonus.

While I've provided examples available in the UAE market, my green options extend beyond these. Utilize the rating system as a valuable guide to simplify your chip shopping experience!



TONIE APPROVED LIST OCCASIONALLY!

This selection is suitable for occasional enjoyment. They are labeled yellow because they may contain slightly higher levels of sodium or fat compared to the green list, or a few more ingredients.



KEEP IT FOR THAT ANNUAL GATHERING...

Here, I have selected chips that are commonly perceived as "healthy," whereas they are as unhealthy as the well-known commercial chips. So, don't waste your money here.





"Keep shining with every healthy choice!"

I hope you feel more empowered to make healthier choices when it comes to selecting chips. Remember, small changes can lead to big improvements in your overall health and well-being.

If you have any questions or need further support on your journey to better health, please don't hesitate to reach out. You can find me on Instagram **@tonienutrition** or email me at **tonienutrition@gmail.com**. I'm here to help in any way I can.

Thank you for taking the time to invest in your health. Here's to a happier, healthier you!

THANK YOU



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