“Vegetable chips” style chips are almost identical to regular chips in nutritional value.

- They contain a lot of **calories** – approximately 150 calories per 28 g portion or approximately 14 chips.
- They’re high in **fat**, which accounts for 60% of the calories in regular chips and 42% of the calories in vegetable sticks.
- They contain a lot of **sodium** (salt).
- They contain **little fibre, vitamins, or minerals**.

**Be aware!** Even if these chips are sold as “vegetable chips,” they do not equal a serving of vegetables. The **tomato paste** and **spinach paste** that they contain, which come at the end of the ingredient list, are there more for the **colour** they add than for their vitamins and minerals.

**Did you know?** Even if they are made with “good fats” and contain no trans fat, vegetable chips are deep fried, which cancels out some of the benefits of using vegetable oils.

**Zero waste and healthy solution**

**Vegetable Sticks**

**Ingredients**
- Selection of fresh veggies: Carrot, celery, zucchini, turnip, rutabaga, sweet potato, pepper, cucumber, etc.

**PREPARATION**
- Cut the veggies into equal sized sticks.
- Place them in a reusable container with a cover.
- Enjoy!

Source: [www.extenso.org](http://www.extenso.org)