

Nutrition Information for PepsiCo Australia Snacks.

Details correct as of July 2019. Please check product packaging on shelf for the most up to date information.

PRODUCT	HEALTH STAR RATING	Nutrition Information per 100g										Nutrition information per serve									
		ENERGY (kJ)	ENERGY (kcal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	DIETARY FIBRE (g)	SODIUM (g)	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (kcal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	DIETARY FIBRE (g)	SODIUM (mg)	
BURGER RINGS®	◇	2180	521	6.5	28	12.8	60.1	2.5	1.8	953	27	590	141	1.8	7.6	3.5	16.2	0.7	0.5	257	
CHEETOS® CHEESE AND BACON BALLS	◇	2240	536	6.1	32.5	15.2	54.2	4.3	1.2	706	24	538	129	1.5	7.8	3.6	13.0	1.0	0.3	169	
CHEETOS® PUFFS - CHEESE	◇	2300	550	5.9	34.7	15.9	53	2.5	1.3	1010	24	551	132	1.4	8.3	3.8	12.7	0.6	0.3	243	
COOL PAK POPCORN®	***	2090	500	10.4	25.9	2.3	51	0.1	8.7	691	20	417	100	2.1	5.2	0.5	10.2	0.0	1.7	138	
DORITOS® CORN CHIPS - CHEESE SUPREME	**	2150	514	8.1	28	11.9	59.8	2.2	3.5	611	27	579	138	2.2	7.0	3.2	16.1	0.6	1.0	165	
DORITOS® CORN CHIPS - MEXICANA	*	2130	509	8.5	25.3	11.6	59.7	2.3	3.8	868	27	574	137	2.3	6.8	3.1	16.1	0.6	1.0	254	
DORITOS® CORN CHIPS - NACHO CHEESE	◇	2150	514	7.6	25.6	11.8	61	3.5	3.8	392	27	581	139	2.1	7.0	3.2	16.5	0.9	1.0	103	
DORITOS® CORN CHIPS - ORIGINAL SALTED	**	2110	505	8.2	23.2	10.6	63.7	1	3.8	435	27	570	136	2.2	6.3	2.9	17.2	0.3	1.0	117	
DORITOS® CORN CHIPS - THAI SWEET CHILI	*	2140	512	7.8	25.3	11.6	61.3	5.1	3.6	575	27	578	138	2.1	6.8	3.1	16.5	1.4	1.5	155	
DORITOS® CORN CHIPS FLAMING FLAVOURS - JAPANESE WASABI	**	2160	516	7.9	26.1	11.9	60.3	3.6	3.5	579	27	583	139	2.1	7.1	3.2	16.3	1.0	1.0	156	
DORITOS® CORN CHIPS FLAMING FLAVOURS - MEXICAN JALAPENO POPPERS	*	2170	519	7.8	27.1	12.3	58.8	1.7	3.6	683	27	585	140	2.1	7.3	3.3	15.9	0.5	1.0	185	
DORITOS® CORN CHIPS FLAMING FLAVOURS - SOUTHERN STICKY CHICKEN	**	2140	512	8	25.5	11.6	60.5	3.8	3.5	650	27	577	138	2.2	6.9	3.1	16.3	1.0	0.9	175	
DORITOS® CRACKERS - CHEESE SUPREME	**	1990	476	10.8	21.4	5.4	58.6	3.5	2.7	690	25	498	119	2.7	5.4	1.4	14.6	0.9	0.7	173	
DORITOS® CRACKERS - CHEESY PIZZA	**	1990	476	10.4	21.1	5.3	59.5	3.7	2.6	687	25	497	119	2.6	5.3	1.3	14.9	0.9	0.7	172	
DORITOS® CRACKERS - MEATLOVERS PIZZA	**	2000	478	10.3	21	5.2	60.6	5.8	2.8	435	25	500	120	2.6	5.3	1.3	15.1	1.5	0.7	109	
DORITOS® CRACKERS - MEXICANA	**	1990	476	10.8	21.1	5.2	59.1	3.7	2.9	567	25	497	119	2.7	5.3	1.3	14.8	0.9	0.7	142	
DORITOS® CRACKERS - SWEET CHILI & SOUR CREAM	**	2010	481	10.8	21.8	5.6	57.9	3.8	3.5	570	25	501	120	2.7	5.5	1.4	14.5	1.0	0.9	142	
DORITOS® CRACKERS - TEXAN BBQ	**	1990	476	10.9	21.6	5.4	57.4	3.6	3.4	737	25	497	119	2.7	5.4	1.4	14.4	0.9	0.9	184	
DORITOS® SALSA - CORN CHIPOTLE AND LIME	***	169	38	1.4	0.5	0.2	6	5.2	0.0	470	30	48	11	0.4	0.1	0.0	1.8	1.6	0.0	141	
DORITOS® SALSA - HOT, MEDIUM and MILD	***	167	40	1.5	0.1	0.1	7.1	4.5	0.0	488	30	50	12	0.4	0.1	0.1	2.1	1.3	0.0	146	
NOBBY® BEERNUTS - SALTED	***	2570	615	27.8	50.6	9.2	8.5	4.8	8.1	470	30	772	185	8.3	15.2	2.8	2.6	1.4	2.4	141	
NOBBY® CASHEWS - SALTED	***	2530	605	20	51.2	9.5	16.1	5.3	3.2	479	30	759	181	6.0	15.4	2.9	4.8	1.6	1.0	144	
NOBBY® JERKY - HOT & SPICY	◇	1090	261	37.7	3.3	1.6	19.8	17	0.0	2700	25	272	65	9.4	0.8	0.4	5.0	4.3	0.0	675	
NOBBY® JERKY - ORIGINAL	◇	1120	268	39.4	3.4	1.6	18.9	16.5	0.0	2220	25	279	67	9.9	0.9	0.4	4.7	4.1	0.0	554	
NOBBY® JERKY - TERIYAKI	◇	1140	273	39.4	3.3	1.5	20.3	18.3	0.0	1770	25	284	68	9.9	0.8	0.4	5.1	4.6	0.0	443	
NOBBY® LOADED NACHO CHEESE	**	2250	538	17.1	32.3	7.8	42.9	6.6	4.3	893	35	788	188	6.0	11.3	2.7	15.0	2.3	1.5	313	
NOBBY® LOADED SPICY BUFFALO WINGS	**	2240	536	16.7	32.3	7.8	42.9	6.1	4.3	1140	35	784	187	5.9	11.3	2.7	15.0	2.1	1.5	399	
NOBBY® MIXED NUTS - SALTED	***	2650	634	25.4	54	9.2	8	3.6	9.9	479	30	795	190	7.6	16.2	2.8	2.4	1.1	3.0	144	
NOBBY® PEANUTS - SALTED	***	2450	586	29.1	48.2	7.4	8.2	3	9.3	470	30	735	176	8.7	14.5	2.2	2.5	0.9	2.8	141	
NOBBY® PEANUTS - SALT & VINEGAR	***	2440	583	25.7	51.2	9.3	11.7	6	9.3	389	30	732	175	7.7	15.4	2.8	3.5	1.8	2.8	117	
NOBBY® PORK CRACKLE - BBQ FLAVOUR	◇	2141	512	62.1	27.9	5.6	2.9	2.3	0.0	2708	25	535	128	15.5	7.0	1.4	0.7	0.6	0.0	677	
NOBBY® PORK CRACKLE - ORIGINAL	◇	2172	519	63.7	28.6	5.7	1.5	0	0.0	2857	25	543	130	15.9	7.2	1.4	0.4	0.0	0.0	739	
OFF THE EATEN PATH® LEGUME AND NUT MIX - LEMONGRASS & COCONUT	***	1810	433	16.8	18.6	3.1	46.3	20	5.7	416	35	634	152	5.9	11.1	1.5	16.2	7.0	2.0	146	
OFF THE EATEN PATH® NUT & VEGGIE MIX - SWEET CHILI	***	2300	550	19.5	39	7.1	28.9	7.9	8.4	469	35	805	192	6.8	13.7	2.5	9.4	2.8	2.9	164	
OFF THE EATEN PATH® PEA & PINTO BEAN STICKS - ROASTED GARLIC & HERB	***	1720	411	8.7	15	1.3	59.1	2.4	4.7	346	30	517	124	2.6	4.5	0.4	17.7	0.7	1.4	104	
OFF THE EATEN PATH® PEA & PINTO BEAN STICKS - SEA SALT	***	1720	411	8.6	15.5	1.3	57.8	1.4	4.7	560	30	516	123	2.6	4.6	0.4	17.3	0.4	1.4	168	
OFF THE EATEN PATH® PEA & PINTO BEAN STICKS - SPRING ONION	***	1720	411	8.5	14.9	1.3	58.9	3	4.7	377	30	516	123	2.6	4.5	0.4	17.7	0.9	1.4	113	
PARKER® PRETZELS BAKED WHEAT TWISTS	**	1670	399	10.4	3.6	0.9	7.9	11.1	2.9	1370	30	502	120	3.1	1.1	0.3	23.7	3.3	0.8	411	
PARKER® PRETZELS BAKED WHEAT TWISTS - ORIGINAL	**	1800	430	10	8.5	2.8	76.4	10.7	2.8	559	25	451	108	2.5	2.1	0.6	5.1	2.7	0.7	140	
PARKER® PRETZELS MINIS	**	1690	404	10.3	4.6	1.2	78.2	11	2.8	1250	30	508	121	3.1	1.4	0.3	23.4	3.3	0.8	374	
RED ROCK DELI® COATED PEANUTS - RED PEPPER & GARLIC	**	2370	567	14.2	39.3	5.2	38.4	6.8	2.8	906	25	592	142	3.6	9.8	1.3	9.6	1.7	0.7	227	
RED ROCK DELI® COATED PEANUTS - SWEET CHILI & BASIL	**	2390	571	14.2	39.8	5.2	38.7	7.4	2.7	827	25	597	143	3.6	10.0	1.3	9.7	1.9	0.7	207	
RED ROCK DELI® COATED PEANUTS - SWEET HONEY & SALT	**	2350	562	19	40	5.8	31	25	5.0	551	25	587	140	4.8	10.0	1.5	7.8	6.3	1.3	138	
RED ROCK DELI® CORN CHIPS - CRUSHED AUSTRALIAN SEA SALT	**	2110	505	8.2	23.2	10.6	63.7	1	3.5	439	27	570	136	2.2	6.3	2.9	17.2	0.3	0.9	118	
RED ROCK DELI® CORN CHIPS - PARMESAN & CARAMELISED ONION	**	2160	516	7.8	26	12	60.7	3.9	3.5	548	27	582	139	2.1	7.0	3.2	16.4	1.0	0.9	148	
RED ROCK DELI® CORN CHIPS - PICKLED JALAPENO & CHEDDAR	**	2160	516	8	26.1	12	60.4	3.9	3.5	531	27	583	139	2.2	7.1	3.2	16.3	1.1	0.9	143	
RED ROCK DELI® DIP - BALSAMIC BEETROOT, FETA AND CASHEWS	***	1108	265	3	23	2.9	10.3	8	2.0	260	20	222	53	0.7	4.7	0.6	2.0	1.5	0.4	52	
RED ROCK DELI® DIP - BASIL PESTO, PECORINO AND CASHEWS	**	1885	451	9.2	42	6.3	10.5	2.4	2.0	338	20	377	90	1.8	8.4	1.3	2.1	0.5	0.4	68	
RED ROCK DELI® DIP - CHILLI COCONUT, CORIANDER AND CASHEWS	***	1227	293	6.1	24.6	7	12.6	3.9	2.0	296	20	245	59	1.3	4.9	1.4	2.5	0.9	0.4	59	
RED ROCK DELI® DIP - PERI PERI RED PEPPER, LIME & CASHEWS	***	970	232	4.9	18.1	2	12.7	3.7	2.0	438	20	184	46	1.0	3.6	0.4	2.5	0.7	0.4	88	
RED ROCK DELI® DIP - ROAST PUMPKIN, CARAMELISED ONION & CASHEWS	***	1397	334	5.8	29	3.9	13.4	6	2.0	342	20	279	67	1.2	6.0	1.0	2.7	1.2	0.4	68	
RED ROCK DELI® DIP - ROAST TOMATO, FETA, BASIL & CASHEWS	***	1114	266	5.5	22.2	3.3	12.6	3.5	2.0	484	20	223	53	1.1	4.4	0.7	2.6	0.7	0.4	99	
RED ROCK DELI® DIP - ROASTED RED CAPSICUM, PECORINO, CASHEW AND BASIL	***	1168	279	6.9	22.1	3.4	14.2	6.3	2.0	503	20	234	56	1.4	4.4	0.7	2.8	1.3	0.4	101	
RED ROCK DELI® DIP - ROCKET PESTO, PARMESAN & CASHEWS	***	1602	383	7	37.3	5.4	6	0.8	2.0	478	20	320	77	1.4	7.5	1.1	1.2	0.2	0.4	96	
RED ROCK DELI® DIP - SPINACH, FETA & PECAN	***	956	229	5.1	17.8	2	12.9	2.9	2.0	444	20	191	46	1.0	3.6	0.4	2.6	0.6	0.4	89	
RED ROCK DELI® DIP - THAI CHILLI, LEMONGRASS, CORIANDER AND CASHEWS	**	1246	298	5	23.6	2.6	16.5	49.6	2.0	291	20	249	60	1.0	4.7	0.5	3.3	1.9	0.4	58	
RED ROCK DELI® POPCORN - MAPLE BUTTER & SEA SALT	***	2210	528	9	31.2	3	48.7	6.9	6.9	578	20	442	106	1.8	6.2	0.6	9.7	1.4	1.4	116	
RED ROCK DELI® POPCORN - RED CHILLI SALT	***	2190	524	8.9	30.6	2.7	48.9	1.3	7.3	545	25	548	131	2.2	7.7	0.7	12.2	0.3	1.8	136	
RED ROCK DELI® POPCORN - ROAST GARLIC & AIOLI	***	2200	526	9.3	30.7	2.7	48.7	3.3	7.2	542	25	551	132	2.3	7.7	0.7	12.2	0.8	1.8	135	
RED ROCK DELI® POPCORN - SALTED CARAMEL & VANILLA BEAN	**	2200	526	8.4	30.6	2.7	50.2	7.1	7.0	541	25	550	132	2.1	7.7	0.7	12.5	1.8	1.8	135	
RED ROCK DELI® POTATO CHIPS - FLAME GRILLED STEAK & CHIMICHURRI	**	2060	493	7.8	23.9	2.8	59.6	2.4	3.3	410	28	577	138	2.2	6.7	0.8	16.7	0.7	0.9	115	
RED ROCK DELI® POTATO CHIPS - HONEY SOY CHICKEN	**	2050	490	7.7	23.5	2.8	60.3	5.4	3.2	522	28	575	137	2.2	6.6	0.8	16.9	1.5	0.9	146	
RED ROCK DELI® POTATO CHIPS - LIME & BLACK PEPPER	***	2050	490	7.5	23.8	2.9	60.3	3.3	3.3	379	28	573	137	2.1	6.7	0.8	16.9	0.9	0.9	106	
RED ROCK DELI® POTATO CHIPS - SEA SALT	***	2040	488	8	22.9	1.8	60.3	1.2	3.4	511	28	570	136	2.2	6.4	0.5	16.9	0.3	1.0	143	

PRODUCT	HEALTH STAR RATING	ENERGY (kJ)	ENERGY (kcal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	DIETARY FIBRE (g)	SODIUM (mg)	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (kcal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	DIETARY FIBRE (g)	SODIUM (mg)
SAKATA® RICE CRACKERS - SOUR CREAM & CHIVES	***◊	1780	426	7.3	7	1.9	82.1	2.3	0.8	592	25	444	106	1.8	1.8	0.5	20.5	0.6	0.2	148
SAKATA® RICE CRACKERS WITH BEETROOT - LIGHTLY SEASONED	***	1690	404	6.3	5	1.2	82.1	8.3	2.7	512	25	423	101	1.6	1.2	0.3	20.5	2.1	0.7	128
SAKATA® RICE CRACKERS WITH CORN - LIGHTLY SEASONED	***	1730	414	6.6	5.1	1.6	83.9	2	1.4	371	25	433	104	1.6	1.3	0.4	21.0	0.5	0.3	93
SAKATA® RICE CRACKERS WITH PUMPKIN - LIGHTLY SEASONED	***	1670	399	5.9	5.1	1.2	80.7	6.4	2.1	477	25	417	100	1.5	1.3	0.3	20.2	1.6	0.5	119
SAKATA® RICE CRACKERS WITH SPINACH - LIGHTLY SEASONED	***◊	1660	397	7.7	5.2	1.2	78.9	2.5	3.0	529	25	414	99	1.9	1.3	0.3	19.7	0.6	0.7	132
SAKATA® RICE CRISPS - HONEY SOY	**	2090	500	4.7	28.4	2.4	51.4	4.4	0.1	461	20	418	100	0.9	5.7	0.5	10.3	0.9	0.0	92
SAKATA® RICE CRISPS - SWEET CHILLI & SOUR CREAM	**	2100	502	4.6	28.9	2.5	50.5	2.9	0.1	497	20	419	100	0.9	5.8	0.5	10.1	0.6	0.0	100
SAKATA® WHOLEGRAIN RICE CRACKERS - ORIGINAL	****	1690	404	8.7	7.1	1.3	72.4	1.6	9.9	396	25	422	101	2.2	1.8	0.3	18.1	0.4	2.5	99
SMITHS® CRINKLE CUT POTATO CHIPS - BARBECUE	***◊	2250	538	6.7	33	2.3	51.9	3.3	2.9	493	27	606	145	1.8	8.9	0.6	14.0	0.9	0.8	133
SMITHS® CRINKLE CUT POTATO CHIPS - CHEESE & ONION	***	2260	540	7.1	33.6	2.4	51.2	3.1	2.8	412	27	610	146	1.9	9.1	0.7	13.8	0.8	0.8	111
SMITHS® CRINKLE CUT POTATO CHIPS - CHICKEN	***◊	2240	536	6.9	33	2.3	51.9	2.5	2.8	498	27	606	145	1.9	8.9	0.6	14.0	0.7	0.7	134
SMITHS® CRINKLE CUT POTATO CHIPS - ORIGINAL	***◊	2290	548	6.7	34.8	2.4	50.6	1	2.9	556	27	617	148	1.8	9.4	0.6	13.7	0.3	0.8	150
SMITHS® CRINKLE CUT POTATO CHIPS - SALT & VINEGAR	**	2230	533	6.5	33	2.3	49.9	3	2.7	795	27	602	144	1.8	8.9	0.6	13.5	0.8	0.7	215
SMITHS® THINLY CUT POTATO CHIPS - ORIGINAL	***◊	2290	548	6.7	34.9	2.4	50.6	1	2.9	517	27	618	148	1.8	9.4	0.6	13.7	0.3	0.8	140
SMITHS® THINLY CUT POTATO CHIPS - ROAST CHICKEN & THYME	***◊	2250	538	7.1	33.2	2.4	51.6	3.9	2.9	499	27	607	145	1.9	9.0	0.6	13.9	1.1	0.8	135
SMITHS® THINLY CUT POTATO CHIPS - SALT & VINEGAR	**	2210	528	6.4	33	2.4	49.3	1.5	2.7	849	27	598	143	1.7	8.9	0.6	13.3	0.4	0.7	229
SMITHS® THINLY CUT POTATO CHIPS - SOUR CREAM & ONION	***◊	2240	536	6.9	33.3	2.5	51.3	3.5	2.9	451	27	606	145	1.9	9.0	0.7	13.8	0.9	0.8	122
SMITHS® THINLY CUT POTATO CHIPS - SWEET CHILLI & SOUR CREAM	***	2250	538	6.8	33.2	2.5	51.9	4.5	2.8	411	27	609	146	1.8	9.0	0.7	14.0	1.2	0.8	111
SUNBITES® GRAIN WAVES® PLUS BEETROOT - SWEET CHILLI JAM	***◊	1990	476	6.7	21.7	1.9	63.1	11.6	6.1	440	28	559	134	1.9	6.1	0.5	17.7	3.3	1.7	123
SUNBITES® GRAIN WAVES® PLUS SWEET POTATO - CREAM CHEESE & HERB	***	2010	481	5.4	21.6	1.9	66.5	5.9	4.3	368	28	562	134	1.5	6.1	0.5	18.6	1.6	1.2	103
SUNBITES® GRAIN WAVES® PLUS SWEET POTATO - VINTAGE CHEDDAR & SPANISH ONION	***	2000	478	5.4	21.6	2	65.7	6.7	4.3	428	28	559	134	1.5	6.1	0.5	18.4	1.9	1.2	120
SUNBITES® GRAIN WAVES® WHOLEGRAIN CHIPS - SOUR CREAM & CHIVES	***◊	2010	481	7.1	22.2	2.1	63	6.6	6.5	391	28	564	135	2.0	6.2	0.6	17.7	1.8	1.8	109
SUNBITES® GRAIN WAVES® WHOLEGRAIN CHIPS - SOUR CREAM & CHIVES	***◊	2000	478	6.9	21.5	1.9	63.9	8.4	6.6	380	28	560	134	1.9	6.0	0.5	17.9	2.3	1.8	106
SUNBITES® POPCORN - LIGHTLY SALTED	****	1990	476	11.1	21.3	1.9	54.6	0.1	9.3	494	13	259	62	1.5	2.8	0.3	7.1	0.0	1.2	64
SUNBITES® WHOLEGRAIN RICE CRISPS - FRENCH ONION	***◊	1970	471	7	21.4	2.2	59.9	3.6	7.6	503	20	394	94	1.4	4.3	0.4	12.0	0.7	1.5	101
SUNBITES® WHOLEGRAIN RICE CRISPS - VINTAGE CHEDDAR & WHOLEGRAIN MUSTARD	***◊	1870	447	7.2	21.4	2.2	60	3.5	7.6	445	20	375	90	1.4	4.3	0.4	12.0	0.7	1.5	89
SUNBITES® WHOLEGRAIN SNACK CRACKER WITH QUINOA - CARAMELISED ONION & BALSAMIC	***◊	2000	478	7.3	22.1	1.9	61.3	4.7	6.9	432	25	500	120	1.8	5.5	0.5	15.3	1.2	1.7	108
SUNBITES® WHOLEGRAIN SNACK CRACKER WITH QUINOA - CHEDDAR & CHIVES	***◊	2010	481	7.7	22.5	2.1	61.3	5.3	7.0	305	25	504	121	1.9	5.6	0.5	15.3	1.3	1.8	76
SUNBITES® WHOLEGRAIN SNACK CRACKER WITH QUINOA - SEA SALT	***◊	1990	476	7.6	21.8	1.9	64	3.1	7.3	434	25	498	119	1.9	5.5	0.5	15.5	0.8	1.8	109
TOSTITOS® CANTINA STYLE TORTILLA CHIPS - LIGHTLY SALTED	**	2120	507	8.2	23.3	10.6	64	1	3.8	281	27	572	137	2.2	6.3	2.9	17.3	0.3	1.0	76
TOSTITOS® CANTINA STYLE TORTILLA CHIPS - SMOKED CHIPOTLE	◊	2170	519	7.8	28.4	12	60.6	2.2	3.9	517	27	565	140	2.1	7.1	3.2	16.4	0.6	1.1	140
TOSTITOS® CANTINA STYLE TORTILLA CHIPS - SPLASH OF LIME	◊	2160	516	7.6	28.8	11.8	61.6	2.6	3.5	444	27	584	140	2.0	7.0	3.2	16.6	0.7	0.9	120
TWISTIES® FLAVOURED SNACK - CHEESE	*	1940	464	6.7	23.3	11.5	56.3	5.8	1.2	908	27	524	125	1.8	6.3	3.1	15.2	1.6	0.3	245
TWISTIES® FLAVOURED SNACK - CHICKEN	◊	2180	521	6.1	27.8	12.7	61.3	2.7	1.1	789	27	589	141	1.7	7.5	3.4	16.5	0.7	0.3	213
TWISTIES ZIG ZAG® WICKED CHEDDAR	◊	2360	564	5.6	37.7	17.3	50.3	2.5	1.2	1010	24	566	135	1.4	9.1	4.2	12.1	0.6	0.3	243