Toxic chips

Numerous people fell in love with the Baked Lays as they were advertised as a healthy variant if the Fried chips.

Yet, apparently, these snacks were not that healthy, as even though they were lower in calories, fat, and sodium, they mostly include salt and chemicals.

These are the ingredients of the Fried chips: Potatoes, Sunflower and/or Canola oil and salt. The used oils are extremely toxic if used at a high temperature, such as the one used when frying the potatoes.

Namely, the starch in potatoes is exposed to the high heat and creates acrylamide, which is a known carcinogen.

Moreover, the potatoes used are not fresh but dried, and then baked at a lower temperature. There is no explanation of the process of drying them, as it probably includes exposure to high temperature and acrylamide.

According to the findings by the FDA, these chips have three times more acrylamide than the fried version.

Additionally, as the Baked Lays are not organic, their ingredients, including potatoes, sugar (High Fructose Corn Syrup), corn starch, corn oil, and soy lecithin are probably from a GMO source.

We explain the ingredients in more details below:

* Potatoes- An experiment examined mice who were fed with potatoes engineered with Bacillus thuringite NSIS var. Kurstaki Cry 1 discovered this toxin in the system.
* Sugar and corn sugar (high fructose corn syrup).- Research has shown that rats fed HFCS gained 300% more fat than those being fed fruit sugar or regular sugar, even in smallest amounts. HFCS cause accumulation of plaque, and fattens the heart with bad cholesterol, resulting in heart attacks, hypertension, and even stroke. It is extremely dangerous to the liver and may lead to fatty liver, while its scarring reduces its ability to remove toxins from the body. HFCS is also rich in mercury, and its exposure leads to severe and irreversible nervous and brain system damage.
* Corn- According to Monsanto, even half of the sweet corn sold in the United States has been planted with GMO seeds. Mice fed with GMO corn experience fertility issues and smaller babies.
* Soy- It has been designed in order to resist herbicides, and all kinds of soy products have undergone the same modification. Studies have shown that hamsters fed with GMO soy, suffered a high mortality rate and were unable to have offspring.

Regarding the above, the debate here is not which of the Baked or Fried variant is the healthy one, as they both are harmful, apparently.

Therefore, we strongly advise that you replace them with carrot sticks and apple chips, or any other organic, healthy snacks, and prevent severe health issues.

Source:
[livingtraditionally.com](http://livingtraditionally.com/do-not-fall-for-baked-chips-they-are-full-of-toxic-ingredients/)
[complete-health-and-happiness.com](http://complete-health-and-happiness.com/these-chips-are-filled-with-monsanto-herbicide-linked-to-hormone-disruption-reproductive-damage-and-digestive-disorders/)