

20130116 - Nutritional balance of corn crisps - 2012

[Data] [[Normal page](#)] [**PEREZGONZALEZ Jose D (2012)**. *Nutritional balance of corn crisps*. Knowledge ([ISSN 2324-1624](#)), 2013, pages 5-7.]

Corn crisps' BNI

Perezgonzalez assessed the nutritional balance of corn crisps⁴ in 2012³, as part of a research on the nutritional composition of snacks in New Zealand.

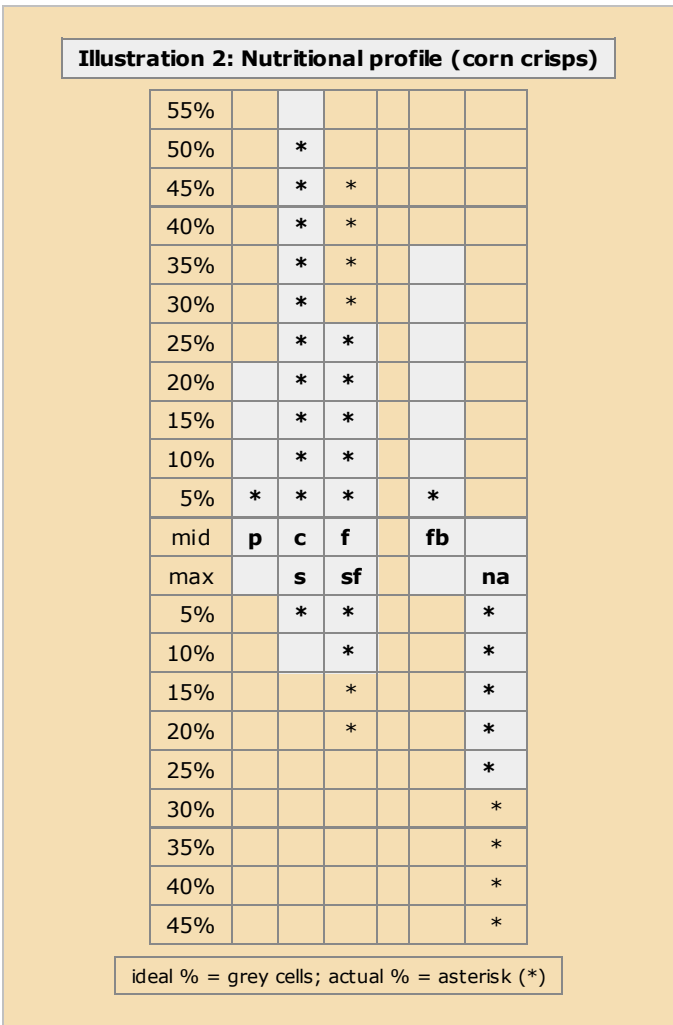
Corn crisps had, on average, a nutritional unbalance of [BNI 67.36-fb](#), being particularly biased towards deficiency in fiber. They were also adequate in carbohydrate and sugar, high in fat, saturated fat and sodium, and low in protein.

[Fold](#)

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Illustration 1: Nutrition information (corn crisps)		
BNI	67.36-fb	0.00
Food, 100g	2012	Ideal
Protein	6.3	24.9
Carbohydrate	61.7	68.6
Sugar	5.2	< 5.2
Fat	25.2	13.9
Saturated fat	11.0	< 5.5
Fiber	1.9	7.5
Sodium	0.855	< 0.499
Kcal	498.8	498.8
kJul	2087.0	2087.0



International standards

Corn crisps appeared equally unbalanced according to international [Recommended Dietary Intakes \(RDIs\)](#), slightly less so according to US, Australia and UK standards.

Illustration 3: Nutritional balance across international RDIs

Corn crisps	(dietIndex)	67.36	66.10	52.09	52.36	47.57
Product100g	Company	BNI	WHO	US/CAN	AUS/NZ	UK
Healtheries KidsCare Corn Tubes nacho cheese	Vitaco Health	30.31	21.08	15.93	25.76	28.71
Healtheries KidsCare Corn Tubes chicken	Vitaco Health	38.86	29.93	23.66	33.43	37.48
Eta Good Bites Puffs BBQ	Griffin's	44.00	34.00	30.22	40.22	40.22
Eta Good Bites Puffs cheddar cheese	Griffin's	46.35	31.72	32.89	42.89	38.27
Eta Good Bites Puffs sour cream & chives	Griffin's	50.79	40.79	36.10	46.10	46.10
Rashuns cheese & bacon	Bluebird	74.57	74.57	59.65	59.65	59.65
Bluebird Biguns mighty cheese & bacon	Bluebird	76.50	76.50	61.78	61.78	61.78
Bluebird Biguns big cheese	Bluebird	76.98	76.98	65.53	65.53	65.53
Bluebird Cheezels	Bluebird	77.74	77.74	65.67	65.67	65.67
Bluebird Twisties saucy BBQ	Bluebird	81.31	80.04	67.96	71.67	64.87
Eta Skof Cheesy Balls	Griffin's	88.60	88.60	73.58	73.58	73.58
Eta Skof The Big Cheese cheese & bacon sonics	Griffin's	102.67	102.67	86.73	86.73	86.73
Pams cheesy twists	Pams	104.48	104.48	89.66	89.66	89.66
Eta Skof The Big Cheese cheese burgers	Griffin's	141.18	141.18	120.36	120.36	120.36
Pams burger hoops	Pams	143.04	143.04	121.95	121.95	121.95

(Source: Perezgonzalez, 2012a²)

Methods

Research approach

Exploratory study.

Data

The research sample was 15 corn crisp products², including different brands and flavors, collected in a convenient manner.

Materials & analysis

Relevant data were collated, then assessed using the [Balanced Nutrition Index™ \(BNI™\)](#) technology (see Perezgonzalez, 2011¹). SPSS-v18 was used for the computation of variables, including BNI and

international indexes, and statistical analyses.

References

1. **PEREZGONZALEZ Jose D (2011)**. *Balanced Nutrition Index™ (BNI™)*. Journal of Knowledge Advancement & Integration ([ISSN 1177-4576](#)), 2011, pages 20-21.
 2. **PEREZGONZALEZ Jose D (2012a)**. *Crispy crisps*. The Balanced Nutrition Index ([ISSN 1177-8849](#)), 2012, issue 7.
 3. **PEREZGONZALEZ Jose D (2012b)**. *Nutritional balance of corn crisps (descriptive statistics)*. Knowledge ([ISSN 2324-1624](#)), 2013, pages 1-4.
- +++ **Notes** +++
4. Snacks made from extruded corn (thus, not including [corn chips](#)).

Want to know more?

BNI analysis of individual corn crisp products

You can access either the [BNI™ database](#) or the '[BNI™ journal \(2012, issue 7\) - Crispy crisps](#)' for individual nutrition analyses of each food product in the sample.

[Wiki of Science - Nutritional balance of corn crisps \(descriptive statistics\)](#)

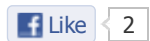
This Wiki of Science page provides an in-depth descriptive analysis of the nutritional balance of corn crisps.

[Wiki of Science - Nutritional balance of foods](#)

This Wiki of Science page collates information about several foods on a single page and provides useful links to the appropriate files.

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