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20121030 - BNI of kinds of corn chips - 2012

[Data] [[Normal page](#)] [**PEREZGONZALEZ Jose D (2012).** [BNI of kinds of corn chips.](#) Journal of Knowledge Advancement & Integration ([ISSN 1177-4576](#)), 2012, pages 310-312.]

BNI of generic brands

Some corn chips⁵ are sold under generic brands (eg, a supermarket brand) while others are sold under proprietary brands. Thus, it is of interest to test whether such characteristic informs about overall nutritional balance (BNI) and, thus, whether it may help choose more balanced products. As part of a research on the nutritional balance of corn chips ([2012a](#))², Perezgonzalez ([2012b](#))³ also assessed whether generic and proprietary brands differed in regards to overall nutritional balance. This article summarizes that research.

Illustrations 1 to 4 show the nutritional profiles of corn chips sold both under named brands and under generic brands. These profiles were quite similar, albeit a slightly higher for generic brands (BNI 55.14) due, mainly, to them providing more saturated fat and sodium than proprietary brands did.

Fold

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Illustration 1: Nutrition information (named brands)

| | | |
|----------------------|---------------|--------------|
| BNI | 47.09f | 0.00 |
| Food, 100g | 2012 | Ideal |
| Protein | 7.7 | 24.7 |
| Carbohydrate | 58.9 | 67.8 |
| Sugar | 2.5 | < 2.5 |
| Fat | 25.2 | 13.7 |
| Saturated fat | 8.0 | < 5.5 |
| Fiber | 3.7* | 7.4 |
| Sodium | 0.549 | < 0.493 |
| Kcal | 493.2 | 493.2 |
| kJul | 2063.5 | 2063.5 |

(*) Fiber content estimated from [Doritos Burn](#).

Illustration 2: Nutrition information (generic brands)

| | | |
|----------------------|---------------|--------------|
| BNI | 55.14f | 0.00 |
| Food, 100g | 2012 | Ideal |
| Protein | 6.2 | 24.4 |
| Carbohydrate | 58.9 | 67.0 |
| Sugar | 2.7 | < 2.7 |
| Fat | 25.2 | 13.5 |
| Saturated fat | 10.3 | < 5.4 |
| Fiber | 3.7* | 7.3 |
| Sodium | 0.687 | < 0.487 |
| Kcal | 487.2 | 487.2 |
| kJul | 2038.4 | 2038.4 |

(*) Fiber content estimated from [Doritos Burn](#).

Illustration 3: Nutritional profile (named brands)

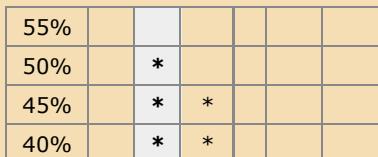
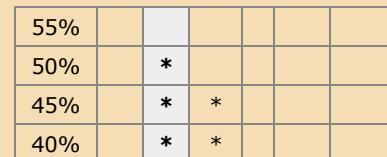


Illustration 4: Nutritional profile (generic brands)



| | | | | | | |
|-----|---|---|----|----|----|--|
| 35% | | * | * | | | |
| 30% | | * | * | | | |
| 25% | | * | * | | | |
| 20% | | * | * | | | |
| 15% | | * | * | | | |
| 10% | | * | * | * | | |
| 5% | * | * | * | * | | |
| mid | p | c | f | fb | | |
| max | | s | sf | | na | |
| 5% | | | * | | * | |
| 10% | | | * | | * | |
| 15% | | | * | | * | |
| 20% | | | | | * | |
| 25% | | | | | * | |

ideal % = grey cells; actual % = asterisk (*)

| | | | | | |
|-----|---|---|----|----|----|
| 35% | | * | * | | |
| 30% | | * | * | | |
| 25% | | * | * | | |
| 20% | | * | * | | |
| 15% | | * | * | | |
| 10% | | * | * | * | |
| 5% | * | * | * | * | |
| mid | p | c | f | fb | |
| max | | s | sf | | na |
| 5% | | | * | | * |
| 10% | | | * | | * |
| 15% | | | * | | * |
| 20% | | | * | | * |
| 25% | | | | | * |
| 30% | | | | | * |
| 35% | | | | | * |

ideal % = grey cells; actual % = asterisk (*)

Methods

Research approach

Exploratory study comparing corn chips⁵ sold under generic and proprietary brands.

Data

Stratified sample of 37 corn chip products (*Perezgonzalez, 2012c⁴*), of which 11 were from generic brands and 26 were from proprietary brands

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).** [Nutritional balance of corn chips \(descriptive statistics\) \(2e\)](#). Journal of Knowledge Advancement & Integration ([ISSN 1177-4576](#)), 2012, pages 275-278.
3. **PEREZGONZALEZ Jose D (2012b).** [BNI of kinds of corn chips \(descriptive statistics\)](#). Journal of Knowledge Advancement & Integration ([ISSN 1177-4576](#)), 2012, pages 300-304.
4. **PEREZGONZALEZ Jose D (2012c).** [Corn utopia](#). The Balanced Nutrition Index ([ISSN 1177-8849](#)), 2012, issue 6.

+++ Notes +++

5. Includes both corn chips and tortilla chips. Thus, they can be defined as thin shapes of pressed corn (usually cut into triangles or circles), and then oven-baked or deep-fried.

Want to know more?

BNI™ database

The database offers individual nutrition analyses for food, including the foods referred to in above article.

[BNI™ journal \(2012, issue 6\) - Corn utopia](#)

This issue of the Balanced Nutrition Index™ journal collates all BNI™ nutrition information about the original sample in a single book.

Wiki of Science - BNI of kinds of corn chips (further knowledge)

Two Wiki of Science pages provide further [descriptive](#) and [inferential](#) information about the nutritional balance of kinds of corn chips.

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