

NABISCO

**100% WHOLE GRAIN**

21g Whole Grain per 29g serving

**Reduced Fat**

25% LESS FAT THAN ORIGINAL WHEAT THINS



ENLARGED TO  
SHOW DETAIL

**Wheat  
Thins**

PER 16 PIECES



SNACKS | NET WT 8.5 OZ (240g)

REDUCED FAT WHEAT THINS CONTAIN 3.5g FAT PER SERVING COMPARED TO 5g IN ORIGINAL WHEAT THINS

# Nutrition Facts

Serving Size 16 pieces (29g)  
Servings Per Container About 8

## Amount Per Serving

**Calories** 130    Calories from Fat 30

### % Daily Value\*

<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 0.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Potassium</b> 90mg	<b>3%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 4g	
<b>Protein</b> 2g	

Vitamin A 0%    •    Vitamin C 0%

Calcium 2%    •    Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**INGREDIENTS:** WHOLE GRAIN WHEAT FLOUR, SUGAR, SOYBEAN OIL, CORNSTARCH, MALT SYRUP (FROM CORN AND BARLEY), SALT, REFINER'S SYRUP, LEAVENING (CALCIUM PHOSPHATE AND/OR BAKING SODA), VEGETABLE COLOR (TURMERIC OLEORESIN, ANNATTO EXTRACT).

BHT ADDED TO PACKAGING MATERIAL TO PRESERVE FRESHNESS.

**CONTAINS: WHEAT.**

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**Mondelēz**  
International