



21g Whole Grain per 29g Serving

100% WHOLE GRAIN

WHEAT THINS

reduced fat

25% LESS FAT THAN ORIGINAL WHEAT THINS

NO
ARTIFICIAL
FLAVORS OR
COLORS



SERVING
SUGGESTION

ENLARGED TO
SHOW DETAIL

PER 16 PIECES

120 CALORIES	0.5g SAT FAT 3% DV	200mg SODIUM 9% DV	4g TOTAL SUGARS
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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

about 8 servings per container

Serving size 16 pieces (29g)

Amount per serving

Calories 120

% Daily Value*

Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 22g	8%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.9mg	4%
Potassium 90mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WHOLE GRAIN WHEAT FLOUR, SUGAR, CANOLA OIL, CORNSTARCH, MALT SYRUP (FROM CORN AND BARLEY), SALT, REFINER'S SYRUP, LEAVENING (CALCIUM PHOSPHATE AND BAKING SODA).

BHT ADDED TO PACKAGING MATERIAL TO PRESERVE FRESHNESS.

CONTAINS: WHEAT.

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