



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



BAKED TO
SHOW BROWN

SERVING
SUGGESTION

PER 16 PIECES

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

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%

Trans Fat 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 STRIP (FROM CORN AND BARLEY), SALT, BERNER'S STRIP, LEAVENING (CALCIUM PHOSPHATE AND BAKING SODA)

BHT ADDED TO PACKAGING MATERIAL TO PRESERVE FRESHNESS.

CONTAINS: WHEAT

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