

weightwatchers

cheddar twists

Sharp cheddar cheese baked into a crunchy little twist—this delicious snack tastes like something between a pretzel and a cracker. Our **Cheddar Twists Baked Snacks** pair the savory taste of cheese with a completely satisfying crunch. Enjoy them with lunch or as an afternoon treat—they have a **PointsPlus®** value of only 3 per pouch. Just say “cheese!”

product highlights

- 0 grams trans fat
- Satisfying low **PointsPlus** value snack

nutrition facts

Serving Size: 1 Pouch (28g)
Servings Per Container: 6
Amount Per Serving
Calories: 100
Calories from Fat: 25
Total Fat: 2.5g
Saturated Fat: 0g
Trans Fat: 0g

Cholesterol: 0mg
Sodium: 340mg
Total Carbohydrate: 18g
Dietary Fiber: 2g
Sugars: 2g
Protein: 3g



INGREDIENTS: BLEACHED WHEAT FLOUR ENRICHED (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, MALTED BARLEY FLOUR), SOYBEAN OIL (SOYBEAN OIL WITH TOCOPHEROLS AND BHT ADDED TO PRESERVE), SEASONING (WHEY, SALT, ONION POWDER, NATURAL AND ARTIFICIAL FLAVORS, BUTTERMILK, CHEDDAR CHEESE [PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES], DEXTROSE, YEAST EXTRACT, SOUR CREAM [CREAM, NONFAT MILK, CULTURES], CULTURED NONFAT MILK, GARLIC POWDER, SUNFLOWER OIL, DISODIUM GUANYLATE AND DISODIUM INOSINATE, WHEY PROTEIN CONCENTRATE, YELLOW 6 LAKE, TRICALCIUM PHOSPHATE, CITRIC ACID, LACTIC ACID, YELLOW 5 LAKE, TURMERIC EXTRACT [COLOR], YELLOW 5, YELLOW 6 AND LESS THAN 2% SILICON DIOXIDE [ANTI-CAKING AGENT]), OAT FIBER, YEAST, SUGAR, SALT, ARTIFICIAL BUTTER FLAVOR, DISTILLED MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE.

CONTAINS MILK, WHEAT.

baked snacks

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harvest grain cracker chips

Our crispy, crunchy Harvest Grains Cracker Chips are made from wholesome ingredients like brown rice, quinoa and amaranth with flavorful flax seeds and sesame seeds. Gently baked and seasoned with sea salt, they're a savory alternative to other ordinary crackers. They're also low in saturated fat and gluten free. With a **PointsPlus**® value of 3 per pouch, these Cracker Chips are a smarter way to snack without sacrificing crunch and taste.

product highlights

- Gluten free
- Wholesome ingredients with natural flavors

nutrition facts

Serving Size: 1 Pouch (28.3g)/1 oz
Servings Per Container: 6
Calories: 130
Calories from Fat: 40
Total Fat: 4g
Saturated Fat: 0.5g
Trans Fat: 0g

Cholesterol: 0mg
Sodium: 125mg
Total Carbohydrate: 20g
Dietary Fiber: 2g
Sugars: 3g
Protein: 3g



INGREDIENTS: BROWN RICE FLOUR, BROWN SUGAR, LONG GRAIN WHITE RICE FLOUR, SESAME SEEDS, LONG GRAIN BROWN RICE FLOUR, FLAX SEED, CORN OIL AND/OR CANOLA OIL AND/OR SOYBEAN OIL, CORNSTARCH, QUINOA, AMARANTH, TAMARI SOY SAUCE POWDER (SOYBEANS, SALT, MALTODEXTRIN), SEA SALT, OAT FIBER, NATURAL FLAVOR.

CONTAINS SOY.

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ranch pretzel thins

Saddle up for this sensation! Our Ranch Pretzel Thins bring together a bold blend of delicious herbs, spices and creamy buttermilk flavors creating irresistibly crunchy Pretzel Thins. For a **PointsPlus**[®] value of just 3 per pouch, they can have you saying “yee-haw!”

product highlights

- 0 grams trans fat
- Perfectly seasoned with flavorful herbs and spices

nutrition facts

Serving Size: 1 Pouch (28g)

Servings Per Container: 6

Calories: 110

Calories from Fat: 15

Total Fat: 1.5g

Saturated Fat: 0g

Trans Fat: 0g

Polyunsaturated Fat: 0.5g

Monounsaturated Fat: 0g

Cholesterol: 0mg

Sodium: 400mg

Total Carbohydrate: 22g

Dietary Fiber: 1g

Sugars: 3g

Protein: 2g



INGREDIENTS: WHEAT FLOUR, SEASONING (DEXTROSE, SALT, BUTTERMILK, WHEY, ONION POWDER, GARLIC POWDER, MALTODEXTRIN, SUGAR, TOMATO POWDER, CORN SYRUP SOLIDS, MALIC ACID, NATURAL FLAVORS, PARSLEY, AUTOLYZED YEAST EXTRACTS, SPICES, CITRUC ACID, ANNATTO EXTRACT AND TURMERIC OLEORESIN COLOR, SILICON, DIOXIDE), SOYBEAN OIL, SUGAR, SALT, MALT SYRUP BLEND (CORN SYRUP, MALT EXTRACT)

CONTAINS MILK AND WHEAT.

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