

# weightwatchers

## maple brown sugar oatmeal

This is a Weight Watchers® Power Food! Warm, creamy oats with natural maple and brown sugar flavors make our **Maple Brown Sugar Instant Oatmeal** a satisfying way to start your day. With a **PointsPlus®** value of 3, a good source of protein and 32% of the daily value for fiber in every cup, our oatmeal will help you feel full longer. Good morning? Yes, it is.

### product highlights

- Now with heartier oats!
- Excellent source of fiber
- Good source of protein

### nutrition facts

Serving Size: 1 Container (39g)

Servings Per Package: 4

Amount Per Serving

Calories: 130

Calories from Fat: 15

Total Fat: 1.5g

Saturated Fat: 0g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 170mg

Total Carbohydrate: 28g

Dietary Fiber: 8g

Sugars: 1g

Protein: 5g



**INGREDIENTS:** WHOLE GRAIN ROLLED OATS, ROLLED BARLEY, WHOLE GRAIN ROLLED RYE, INULIN, NATURAL FLAVOR (CONTAINS CARAMEL COLOR (SULFUR DIOXIDE), CONTAINS LESS THAN 2% OF SEA SALT, CARRAGEENAN, GUAR GUM, SUCRALOSE

**MANUFACTURED IN A FACILITY THAT USES PEANUTS, WHEAT, TREE NUTS, SOY AND EGGS.**

oatmeal



## strawberry delight oatmeal

Strawberry patch of delightful flavor! Warm and wholesome rolled oats mixed with strawberry and sweet cream flavors make our **Strawberry Delight** a delicious way to start your day. With 5 grams of protein and 7 grams of fiber in every cup, our oatmeal can help you feel full longer. Can you think of a more satisfying part of your day? This is a sweet one!

### product highlights

- This is a Weight Watchers® Power Food!
- Made with whole grains
- Convenient single-serving cups
- 4 cups per package

### nutrition facts

Serving Size: 1 Container (39g)

Servings Per Package: 4

Calories: 140

Calories from Fat: 20

Total Fat: 2g

Saturated Fat: 0g

*Trans* Fat: 0g

Cholesterol: 0mg

Sodium: 120mg

Total Carbohydrate: 28g

Dietary Fiber: 7g

Sugars: 0g

Protein: 5g



**INGREDIENTS:** WHOLE GRAIN ROLLED OATS, INULIN, ROLLED BARLEY, WHOLE GRAIN ROLLED RYE, NATURAL FLAVORS, CONTAINS LESS THAN 2% OF CARRAGEENAN, GUAR GUM, SALT, SUCRALOSE, MALTODEXTRIN, RED BEET JUICE POWDER (COLOR), CITRIC ACID (PRESERVATIVE).

**MAY CONTAINS WHEAT AND SOY. MANUFACTURED IN A FACILITY THAT USES PEANUTS, WHEAT, TREE NUTS, SOY AND EGGS.**

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