

weightwatchers

oh, so nuts! snack bar

Taste it. Enjoy it. You'll love this bar from Weight Watchers® that brings you wholesome, natural ingredients of peanuts, almonds, and honey all wrapped up into a sensational snack. We want you to feel good about choosing this 3 **PointsPlus**® value bar where the ingredients are things you want: short, sweet, and simple. What you see is what you get – now that is satisfying.

product highlights

- 5 bars per box

nutrition facts

Serving Size: 1 Bar (25g)

Servings Per Container: 5

Calories: 130

Calories from Fat: 80

Total Fat: 9g

Saturated Fat: 1g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 90mg

Potassium: 120mg

Total Carbohydrate: 8g

Dietary Fiber: 4g

Sugars: 2g

Protein: 5g



INGREDIENTS: PEANUTS, ALMONDS, INULIN, SOY PROTEIN ISOLATE, BROWN RICE SYRUP, HONEY, WATER, DRIED CANE SYRUP, SALT, NATURAL FLAVOR, HIGH OLEIC SUNFLOWER OIL, TOCOPHEROLS ADDED TO PROTECT FLAVOR, SOYBEAN OIL, REBAUDIOSIDE A (STEVIA EXTRACT).

CONTAINS PEANUTS, ALMOND, SOYBEAN.

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES TREE NUTS, MILK, EGG, WHEAT, SESAME.

snack bars

weightwatchers

aloha! almond snack bar

Dive into the exotic blend of real almonds and your favorite tropical fruits in one wholesome bar. Go ahead; read the ingredients, all tasty ingredients you can feel good about. With 9 grams of fiber and 6 grams of protein in every bar, there is no escaping the satisfaction you get from this naturally sweet bar. The choice is simply a breeze.

product highlights

- 5 bars per box

nutrition facts

Serving Size: 1 Bar (35g)

Servings Per Container: 5

Calories: 130

Calories from Fat: 60

Total Fat: 6g

Saturated Fat: 1.5g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 120mg

Total Carbohydrate: 16g

Dietary Fiber: 9g

Sugars: 7g

Protein: 6g



INGREDIENTS: ALMONDS, INULIN, SOY CRISP RICE (SOY PROTEIN ISOLATE, RICE FLOUR, MALT EXTRACT), DRIED PINEAPPLES (PINEAPPLE, SUGAR, CITRIC ACID), SOLUBLE CORN FIBER, TOASTED COCONUT (COCONUT, SUGAR, DEXTROSE, SALT), BROWN RICE SYRUP, DRIED CANE SYRUP, PAPAYAS (PAPAYAS, SUGAR) MANGOES (MANGO, SUGAR, CITRIC ACID), SALT, SOY LECITHIN, NATURAL FLAVORS, ALPHA TOCOPHERYL ACETATE ANTIOXIDANT.

CONTAINS COCONUT, SOY, ALMONDS.

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES WHEAT, MILK, EGGS, PEANUTS AND OTHER TREE NUTS.

snack bars

weightwatchers

berry-licious cashew chew snack bar

We've got it; now you've got it, a delicious combination of cashews and almonds, blueberries, raisins, and cranberries all wrapped up in one wholesome bar. A short, clean, natural, ingredient list makes this snack purely satisfying with 24% of your daily value for fiber and 8 grams of protein. Clearly (like the wrapper), we couldn't give you a better bar.

product highlights

- 5 bars per box

nutrition facts

Serving Size: 1 Bar (35g)

Servings Per Container: 5

Calories: 130

Calories from Fat: 45

Total Fat: 5g

Saturated Fat: .5g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 140mg

Total Carbohydrate: 16g

Dietary Fiber: 6g

Sugars: 8g

Protein: 8g



INGREDIENTS: SOY CRISP RICE (SOY PROTEIN ISOLATE, RICE FLOUR, MALT EXTRACT), ALMONDS, CASHEWS, INULIN, RAISINS, BROWN RICE SYRUP, SOLUBLE CORN FIBER, CRANBERRIES (CRANBERRIES, SUGAR), BLUEBERRIES (BLUEBERRIES, APPLE JUICE CONCENTRATE), DRIED CANE SYRUP, LEMON JUICE CONCENTRATE, NATURAL FLAVOR, SALT, SOY LECITHIN, ALPHA TOCOPHERYL, ACETATE ANTIOXIDANT.

CONTAINS SOY, CASHEWS, ALMONDS.

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES WHEAT, MILK, EGGS, PEANUTS AND OTHER TREE NUTS.

snack bars

weightwatchers

I love strawberries bar

If you're looking for some sweetness packed with goodness – this snack bar is your solution. This Weight Watchers® I Love Strawberries Bar combines a wholesome cereal blend with granola and tops it with a delicious strawberry layer lightly sprinkled with rolled oats. With 16% of your daily value for fiber and 6 grams of protein per serving, this bar is a satisfying choice when you're working to stay on track. How can you top that?

product highlights

- Good source of fiber
- 6 grams of protein per bar
- 5 bars per box

nutrition facts

Serving Size: 1 Bar (35g)

Servings Per Container: 5

Calories: 120

Calories from Fat: 20

Total Fat: 2g

Saturated Fat: .5g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 135mg

Potassium: 35mg

Total Carbohydrate: 22g

Dietary Fiber: 4g

Sugars: 10g

Protein: 6g



INGREDIENTS: CEREAL BLEND (ROLLED OATS, WHOLE WHEAT CRISP (WHOLE GRAIN WHEAT, CORN BARLEY MALT EXTRACT, SALT), GRANOLAS (ROLLED OATS, SUGAR, CANOLA OIL, HONEY, MOLASSES), QUINOA CRISP), STRAWBERRY LAYER (SUGAR, APPLE POWDER (CALCIUM STEARATE), STRAWBERRIES, INTERESTERIFIED SOYBEAN OIL, GLYCERIN, WATER, MODIFIED CORNSTARCH, CITRIC ACID, SODIUM ALGINATE, CARROT AND BLACK CURRANT JUICE FOR COLOR, NATURAL FLAVOR, MALIC ACID, SODIUM HEXAMETAPHOSPHATE, DICALCIUM PHOSPHATE, SODIUM CITRATE), SOY CRISP (SOY PROTEIN ISOLATE), ORGANIC CANE SYRUP, CORN SOLUBLE FIBER, BROWN RICE SYRUP, GLYCERIN, SUNFLOWER OIL, CORN SYRUP SOLIDS, CELLULOSE, NATURAL FLAVORS, FRUCTOSE, SALT, MILK PROTEIN ISOLATE.

ALLERGENS: SOY, MILK, WHEAT. THIS PRODUCT IS MANUFACTURED IN A FACILITY THAT USES PEANUTS, TREE NUTS, SEEDS, MILK, SOY AND WHEAT.

snack bars

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sweet kickin' trail mix

This great tasting snack bar combines fruits, nuts and seeds, making it one delicious snack! It's sweet and chewy with just that little kick to perk up your taste buds. . . any time of the day! Try one of these and "trail mix" might take on a whole new meaning. The best part – it is just 3 **PointsPlus**® value per bar – so you don't need to be on a trail or hike to enjoy these!

product highlights

- Excellent source of fiber
- Good source of protein
- A sweet, chewy bar with a kick!

nutrition facts

Serving Size: 1 Bar (33g)

Servings Per Container: 5

Calories: 120

Calories from Fat: 25

Total Fat: 3g

Saturated Fat: 0g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 260mg

Potassium: 90mg

Total Carbohydrate: 19g

Dietary Fiber: 5g

Sugars: 9g

Protein: 6g



INGREDIENTS: SOY PROTEIN ISOLATE, INULIN, DATES, BROWN RICE SYRUP, RAISINS, SUGAR, ALMONDS, RICE FLOUR, DRIED APPLES, PUMPKIN SEEDS, SOYBEAN OIL, TAPIOCA STARCH, SALT, NATURAL FLAVOR, BARLEY MALT EXTRACT, GROUND CHIPOTLE CHILE PEPPER, GROUND PAPRIKA, TOCOPHEROLS ADDED TO PROTECT FLAVOR, CORN SYRUP, CARAMEL ADDED FOR COLOR, WHEY PROTEIN CONCENTRATE.

CONTAINS ALMONDS, SOYBEAN, MILK.

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES PEANUTS, TREE NUTS EGG, WHEAT, SESAME.

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