

weightwatchers

cheddar twists

With sharp cheese baked into a toothsome twist, our **Cheddar Twists** Crunchy Snacks give you a fabulous pretzel-y cracker-y crunch. As if that weren't enough, you also get a cheesy tang to satisfy the most savory tooth. Enjoy them as an afternoon or evening treat – they have a PointsPlus® value of only 2 per pouch.

product highlights

- More bite-sized snacks packed in each pouch!
- 0 grams trans fat
- Satisfying low **PointsPlus** value snack

Serving Size: 1 Pouch (21g)

Servings Per Container: 6

Amount Per Serving

Calories: 80

Calories from Fat: 20

Total Fat: 2g

Saturated Fat: 0g

Trans Fat: 0g

Polyunsaturated Fat: 1g

Monounsaturated Fat: 0g

Cholesterol: 0mg

Sodium: 270mg

Total Carbohydrate: 15g

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.

crunchy snacks

weightwatchers

honey mustard pretzel thins

Looking to add a lil' crunch to your snack time? These bite-size **Honey Mustard Pretzel Thins** are bursting with sweet honey and spicy mustard flavors. With just 2 **PointsPlus**[®] value per serving, these are a "must"-ard have!

product highlights

- 0 grams trans fat
- easy grab-and-go snack
- enjoy at lunchtime (or anytime)!

nutrition facts

Serving Size: 1 Pouch (21g)

Servings Per Container: 6

Calories: 80

Calories from Fat: 10

Total Fat: 1g

Saturated Fat: 0g

Trans Fat: 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol: 0g

Sodium: 240g

Total Carbohydrate: 16g

Dietary Fiber: 1g

Sugars: 2g

Protein: 2g



INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEASONING (SUGAR, ONION POWDER, MALTODEXTRIN, DEXTROSE, WHEY POWDER, SALT, VINEGAR POWDER [MALTODEXTRIN, MODIFIED FOOD STARCH, VINEGAR], HONEY POWDER, HYDROLYZED SOY PROTEIN, MUSTARD [(VINEGAR, MUSTARD, SALT, TURMERIC OLEORESIN COLOR), MALTODEXTRIN, CORN STARCH], WHEAT STARCH, AND LESS THAN 2% OF SPICE, TURMERIC OLEORESIN COLOR, CITRIC ACID, HORSERADISH, NATURAL FLAVORING, TRICALCIUM PHOSPHATE, SILICON DIOXIDE), SOYBEAN OIL, SUGAR, SALT, MALT SYRUP BLEND (CORN SYRUP, MALT EXTRACT), SUNFLOWER LECITHIN.

CONTAINS MILK, SOY AND WHEAT.

crunchy snacks

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popped barbecue potato crisps

Air-popped, not baked or fried, our **Popped Barbecue Potato Crisps** are your go-to snack when you crave a savory crunch. Enjoy this classic chip flavor for just 2 **PointsPlus**® value per pouch.

product highlights

- air-popped to a perfect crisp!
- savory flavor in a light chip
- 0 grams trans fat

nutrition facts

Serving Size: 1 Pouch (21g)

Servings Per Container: 5

Calories: 90

Calories from Fat: 15

Total Fat: 2g

Saturated Fat: 0g

Trans Fat: 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 1g

Cholesterol: 0g

Sodium: 220g

Total Carbohydrate: 16g

Dietary Fiber: <1g

Sugars: 2g

Protein: 1g



INGREDIENTS: BASE (POTATO FLOUR, RICE FLOUR, SALT), SEASONING (SUGAR, SEA SALT, ONION POWDER, GARLIC POWDER, TOMATO POWDER, NATURAL FLAVORS, PAPRIKA COLOR, SPICES, CITRIC ACID), SUNFLOWER OIL.

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popped sour cream & onion crisps

A salty snack desire hits... what do you do? Make a beeline for the vending machine? Don't! Take a delicious detour to our Popped Sour Cream & Onion Crisps. What's better than a mouthwatering blend of creamy buttermilk, onion and parsley flavors packed into crunchy air-popped potato waffle crisps? One that's only 2 **PointsPlus**® value per pouch! That's right. Read it and weep, vending machine.

product highlights

- a classic flavor packed into every bite!
- 0 grams trans fat
- perfectly portioned pouches

nutrition facts

Serving Size: 1 Pouch (22g)	Monounsaturated Fat: 1g
Servings Per Container: 5	Cholesterol: 0mg
Calories: 85	Sodium: 250mg
Calories from Fat: 15	Total Carbohydrate: 15g
Total Fat: 2g	Dietary Fiber: 1g
Saturated Fat: 0g	Sugars: 1g
Trans Fat: 0g	Protein: 1g
Polyunsaturated Fat: 0.5g	



INGREDIENTS: WAFFLE CHIP (POTATO FLOUR, RICE FLOUR, YELLOW CORN FLOUR, SUGAR, SALT, PAPRIKA AND TURMERIC EXTRACTS), SOUR CREAM AND ONION SEASONING (WHEY POWDER, SALT, BUTTERMILK POWDER, DEHYDRATED ONION, SUGAR, MALTODEXTRIN, NATURAL FLAVOR, DEHYDRATED GARLIC, DEHYDRATED PARSLEY, SOUR CREAM (CULTURED CREAM, SKIM MILK) LACTIC ACID, CITRIC ACID, MALIC ACID), SUNFLOWER OIL.

CONTAINS MILK INGREDIENT.

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white cheddar popcorn crisps

When you gotta have that crunch. . . Pop open a pouch of our **White Cheddar Popcorn Crisps** and taste the savory, cheddar flavor packed inside. With a **PointsPlus®** value of just 2 per pouch, it makes snack time crunchy – and fun!

product highlights

- **gluten-free!**
- easy grab-and-go snack
- its mini shape gives you handfuls of crunchy crisps!

nutrition facts

Serving Size: 1 Pouch (21g)

Servings Per Container: 5

Calories: 90

Calories from Fat: 20

Total Fat: 2.5g

Saturated Fat: 0g

Trans Fat: 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 1g

Cholesterol: 0g

Sodium: 120g

Total Carbohydrate: 15g

Dietary Fiber: 1g

Sugars: 1g

Protein: 1g



INGREDIENTS: BASE (YELLOW CORN GRITS), SEASONING (WHEY, REDUCED LACTOSE WHEY, MALTODEXTRIN, CHEDDAR AND BLUE CHEESE (CULTURED MILK, SALT, AND ENZYMES), CANOLA OIL, SALT, DISODIUM PHOSPHATE, CITRIC ACID, LACTIC ACID), MID-OLEIC SUNFLOWER OIL. **CONTAINS MILK.**

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popped cinnamon swirl crisps

Sweet, cinnamon spice... everything's nice about these. Whole-grain goodness with a touch of sweetness—what else could you ask for? Using all natural ingredients, our **Popped Cinnamon Swirl Crisps** are air-popped, not baked or fried, in a perfect light, puffed square. A delicious snack for only 2 **PointsPlus**® value per pouch is really a dream come true.

product highlights

- Made with whole grains
- Just 2 **PointsPlus** value per pouch!

nutrition facts

Serving Size: 1 Pouch (22g)
Servings Per Container: 5
Calories: 90
Calories from Fat: 25
Total Fat: 2.5g
Saturated Fat: 2g
Trans Fat: 0g

Cholesterol: 0mg
Sodium: 100mg
Total Carbohydrate: 14g
Dietary Fiber: 1g
Sugars: 6g
Protein: 3g



INGREDIENTS: WHOLE GRAIN WHEAT FLOUR, WHOLE GRAIN CORN FLOUR, RICE FLOUR, SOY FLOUR, WHOLE GRAIN OAT, SUGAR, CINNAMON, SALT, NATURAL CHOCOLATE COMPOUND (SUGAR, PALM KERNEL OIL, NONFAT MILK POWDER, WHOLE MILK SOLIDS, LECITHIN, SALT, NATURAL FLAVORS).

CONTAINS SOY, DAIRY AND GLUTEN INGREDIENTS.

popped snacks

weightwatchers

chili lime multigrain crisps

Say “hola” to your new favorite snack! Our Chili Lime Multigrain Crisps combine the twist of tangy limes with a sprinkle of chili spice, giving you the ultimate flavor in every bite! These zesty crisps can have your taste buds dancing like they’re at a fiesta. At only 2 **PointsPlus**® value per pouch, it’s easy to make snack-time, party-time.

product highlights

- 16 grams of whole grains per serving
- 0 grams trans fat
- A twist of lime and a hint of chili spice in every bite

nutrition facts

Serving Size: 1 Pouch (20g)
Servings Per Container: 6
Calories: 80
Calories from Fat: 15
Total Fat: 1.5g
Saturated Fat: 0g
Trans Fat: 0g

Cholesterol: 0g
Sodium: 80g
Total Carbohydrate: 16g
Dietary Fiber: 2g
Sugars: 2g
Protein: 2g



INGREDIENTS: WHOLE GRAIN YELLOW CORN, WHOLE RED WHEAT FLAKES, MODIFIED FOOD STARCH, CORN FLOUR, OATS, SOYBEAN OIL, SEASONING (CORN MALTODEXTRIN, SUGAR, SALT, SPICES (INCLUDING CHILI PEPPER), DEXTROSE, SODIUM DIACETATE, GARLIC POWDER, ONION POWDER, CORN SYRUP SOLIDS, FRUCTOSE, YEAST EXTRACT, PARSLEY, NATURAL FLAVOR (INCLUDING LIME JUICE SOLIDS), CITRIC ACID, MALIC ACID, WHEY, PAPRIKA OLEORESIN COLOR, DRY BUTTERMILK, TURMERIC OLEORESIN COLOR, SESAME OIL, CALCIUM SILICATE AND SILICON DIOXIDE TO PREVENT CAKING), BROWN SUGAR, SUGAR, MALT EXTRACT, LEAVENING (CALCIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), BAKING SODA, SOY LECITHIN, SALT.

CONTAINS WHEAT, MILK AND SOY.

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