

# weightwatchers

## aloha! almond

Dive into the exotic blend of real almonds and delicious tropical fruit in one delightful bar. Go ahead; kick back and take a break. Let the refreshing flavor combo of pineapple, mango and papaya transport you to an island oasis. With 9 grams of fiber and 6 grams of protein in every bar, there is no escaping the satisfaction you get from this sweet bar. This choice is simply a breeze.

### product highlights

- delicious pairing of almonds and a medley of tropical fruits
- excellent source of fiber
- good source of protein

### nutrition facts

Serving Size: 1 Bar (35g)  
Servings Per Container: 5  
Calories: 120  
Calories from Fat: 50  
Total Fat: 5g  
    Saturated Fat: 1g  
    Trans Fat: 0g  
Cholesterol: 0mg

Sodium: 125mg  
Total Carbohydrate: 18g  
    Dietary Fiber: 9g  
    Sugars: 8g  
Protein: 6g

**INGREDIENTS:** ALMONDS, INULIN, SOY PROTEIN ISOLATE, SOLUBLE CORN FIBER, DRIED PINEAPPLE (PINEAPPLE, SUGAR, CITRIC ACID (PRESERVATIVE), DRIED MANGO (MANGO, SUGAR, CITRIC ACID PRESERVATIVE), DRIED PAPAYA (PAPAYA, SUGAR, CITRIC ACID PRESERVATIVE), BROWN RICE SYRUP, TOASTED DESICCATED COCONUT, DRIED CANE SUGAR, RICE STARCH, SOY LECITHIN, SALT, NATURAL FLAVOR.

**CONTAINS ALMONDS, SOY, COCONUT. PRODUCED IN A FACILITY THAT ALSO PROCESSES DAIRY, WHEAT, PEANUTS, EGG, AND OTHER TREE NUTS.**



snack bars

# weightwatchers

## berry-licious cashew chew

Sweet, Tart, and Chewy...

You've got it! A delicious combination of cashews and almonds, berries and raisins, all cozy together in this wholesome bar. It's chewy and satisfying, with 24% of the recommended daily value for fiber and 5 grams of protein. Could we have made a better bar for fruity-nutty fans? We don't think so!

### product highlights

- Excellent source of fiber
- Good source of protein
- harmony of blueberries, cranberries, cashews & almonds

### nutrition facts

Serving Size: 1 Bar (35g)  
Servings Per Container: 5  
Calories: 120  
Calories from Fat: 40  
Total Fat: 4.5g  
    Saturated Fat: 0.5g  
    Trans Fat: 0g  
Cholesterol: 0mg

Sodium: 105mg  
Total Carbohydrate: 19g  
    Dietary Fiber: 6g  
    Sugars: 8g  
Protein: 5g

**INGREDIENTS:** SOY PROTEIN CRISP (SOY PROTEIN ISOLATE, RICE FLOUR, AND SALT), INULIN, ALMONDS, BROWN RICE SYRUP, CASHEWS (CASHEWS, COTTONSEED OIL, SALT), SOLUBLE CORN FIBER, RAISINS, DRIED BLUEBERRIES (BLUEBERRIES, SUGAR), DRIED CRANBERRIES (CRANBERRIES, SUGAR), DRIED CANE SUGAR, NATURAL FLAVOR, SALT, CITRIC ACID, MALIC ACID. CONTAINS SOY, ALMONDS, CASHEWS.

**PRODUCED IN A FACILITY THAT ALSO PROCESSES DAIRY, WHEAT, PEANUTS, EGG, AND OTHER TREE NUTS.**



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## sweet & salty toffee twist

What could be better than a snack bar that combines oats, pretzel pieces, peanuts and almonds with sweet toffee? It's just the thing when you yearn for something sweet & something salty. The best part – it's a wholesome and delicious snack that you can have anytime of the day for just 3 PointsPlus® value per bar.

### product highlights

- excellent source of fiber
- 5 grams of protein per bar
- 5 individually wrapped bars per box, making them easy to grab & go!

### nutrition facts

Serving Size: 1 Bar (31g)

Servings Per Container: 5

Calories: 130

Calories from Fat: 45

Total Fat: 5g

Saturated Fat: .5g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 170mg

Potassium: 50mg

Total Carbohydrate: 18g

Dietary Fiber: 5g

Sugars: 6g

Protein: 5g

**INGREDIENTS:** CHICORY ROOT FIBER, ROLLED OATS, SOY PROTEIN ISOLATE, PRETZELS [ENRICHED WHEAT FLOUR (WHEAT STARCH, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, CORN SYRUP, YEAST], HIGH OLEIC SUNFLOWER OIL, INVERT EVAPORATED CANE SYRUP, PEANUTS, TOFFEE PIECES [SUGAR, BUTTER (CREAM, SALT), ALMONDS, SOY LECITHIN, SALT], DRIED CANE SYRUP, TAPIOCA SYRUP, WATER, BROWN RICE SYRUP, ALMONDS, TAPIOCA STARCH, NATURAL FLAVOR, MOLASSES, SALT, SOY LECITHIN, SOYBEAN OIL, TOCOPHEROLS ADDED TO PROTECT FLAVOR.

**CONTAINS PEANUTS, ALMONDS, SOYBEAN, MILK, WHEAT. PRODUCED ON EQUIPMENT THAT ALSO PROCESSES TREE NUTS, EGG, SESAME.**



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## dark chocolate chunk snack bar

A great tasting snack bar that combines oats, peanuts and some seriously chunky bits of dark chocolate to send your taste buds off to that magical place! And it's a wholesome and delicious snack that you can have any time of the day! You couldn't ask for a more satisfying chocolaty snack for just 3 **PointsPlus**<sup>®</sup> value per bar!

### product highlights

- Excellent source of fiber
- Good source of protein

### nutrition facts

Serving Size: 1 Bar (33g)

Servings Per Container: 5

Calories: 130

Calories from Fat: 50

Total Fat: 5g

Saturated Fat: 1.5g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 80mg

Potassium: 100mg

Total Carbohydrate: 18g

Dietary Fiber: 6g

Sugars: 6g

Protein: 6g



**INGREDIENTS:** ROLLED OATS, PEANUTS, CHICORY ROOT FIBER, SEMISWEET CHOCOLATE (UNSWEETENED CHOCOLATE, SUGAR, DEXTROSE, SOY LECITHIN, NATURAL FLAVOR), SOY PROTEIN ISOLATE, TAPIOCA SYRUP, BROWN RICE SYRUP, DRIED CANE SYRUP, WATER, ALMONDS, HIGH OLEIC SUNFLOWER OIL, TAPIOCA STARCH, NATURAL FLAVOR, SALT, TOCOPHEROLS ADDED TO PROTECT FLAVOR, SOYBEAN OIL, REBAUDIOSIDE A (STEVIA), NONFAT MILK.

**CONTAINS MILK, ALMONDS, PEANUTS, SOYBEANS. PRODUCED ON EQUIPMENT THAT ALSO PROCESSES TREE NUTS, EGG, WHEAT, SESAME.**

snack bars