

WHEAT THINS

Each bite of WHEAT THINS Snacks delivers a whole grain wheat crunch and indescribably delicious taste. Salty-Sweet. A Perfect Match.

**NUTRITION
PROFESSIONAL
INSIDER LOOK!**



ALL HAIL WHOLE GRAIN WHEAT!

Enjoy WHEAT THINS Snacks in several varieties, including Original, Hint of Salt, Sundried Tomato & Basil and Reduced Fat.

DISCOVER THE DELICIOUSNESS OF WHEAT THINS SNACKS!

- ✓ 100% Whole Grain Wheat
- ✓ 20-22g whole grain per 29-31g serving*
- ✓ No artificial flavors or colors
- ✓ Baked, not fried

*Nutritionists recommend eating 48g or more of whole grains throughout the day.

WHEAT THINS Original Snacks Nutrition as shown on 8.5 oz. box

Nutrition Facts	
about 8 servings per container	
Serving size 16 pieces (31g)	
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 22g	8%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.9mg	6%
Potassium 90mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Snack
Mindfully**

Take a wholesome moment to fully enjoy the salty-sweet whole grain wheat crunch of WHEAT THINS Snacks.

WHEAT THINS. Salty-Sweet. A perfect match.

Developed by & for nutrition professionals. For full flavor and nutrition information, visit www.wheatthins.com.