

# 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
- ✓ No high fructose corn syrup
- ✓ 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	
<b>Calories</b>	<b>140</b>
% Daily Value*	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 5g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 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**

Unwind after a busy day and take a 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](http://www.wheatthins.com).