

# weightwatchers

## southern peach oatmeal

With our Southern Peach Oatmeal, you can add the warmth of sunshine to your morning or help to settle those afternoon stomach grumbles. It's hearty and delicious – mixed with whole-grain rolled oats and just the right amount of peachy flavored goodness. Plus, 5 grams of protein and 8 grams of fiber in every cup can help you feel satisfied. Wowza. For just 3 **PointsPlus**<sup>®</sup> value, it's a sweet and smart choice!

### product highlights

- Excellent source of fiber - 32% of the daily value
- Contains 5 grams of protein per serving
- Made with whole grains

### nutrition facts

Serving Size: 1 Container (39g)	Cholesterol: 0mg
Servings Per Package: 4	Sodium: 170mg
Amount Per Serving	Total Carbohydrate: 27g
Calories: 130	Dietary Fiber: 8g
Calories from Fat: 15	Sugars: 0g
Total Fat: 1.5g	Protein: 5g
Saturated Fat: 0g	
Trans Fat: 0g	



**INGREDIENTS:** WHOLE-GRAIN ROLLED OATS, INULIN, ROLLED BARLEY, WHOLE-GRAIN ROLLED RYE, SEA SALT, NATURAL PEACH FLAVOR, CARRAGEENAN, GUAR GUM, NATURAL VANILLA FLAVOR, SUCRALOSE.

**CONTAINS WHEAT.**

oatmeal

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## maple brown sugar oatmeal

This is a Weight Watchers® Power Food! Warm, creamy oats with natural maple and brown sugar flavors make our **Maple Brown Sugar Instant Oatmeal** a satisfying way to start your day. With a **PointsPlus®** value of 3, a good source of protein and 32% of the daily value for fiber in every cup, our oatmeal will help you feel full longer. Good morning? Yes, it is.

### product highlights

- Now with heartier oats!
- Excellent source of fiber
- Good source of protein

### nutrition facts

Serving Size: 1 Container (39g)

Servings Per Package: 4

Amount Per Serving

Calories: 130

Calories from Fat: 15

Total Fat: 1.5g

Saturated Fat: 0g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 170mg

Total Carbohydrate: 28g

Dietary Fiber: 8g

Sugars: 1g

Protein: 5g



**INGREDIENTS:** WHOLE GRAIN ROLLED OATS, ROLLED BARLEY, WHOLE GRAIN ROLLED RYE, INULIN, NATURAL FLAVOR (CONTAINS CARAMEL COLOR (SULFUR DIOXIDE), CONTAINS LESS THAN 2% OF SEA SALT, CARRAGEENAN, GUAR GUM, SUCRALOSE

**MANUFACTURED IN A FACILITY THAT USES PEANUTS, WHEAT, TREE NUTS, SOY AND EGGS.**

oatmeal