



Weight Management with *PEPPERIDGE FARM*® Breads

Experts agree that weight management is a top priority for Americans, and healthy breads and grains play a key role in a nutritious diet. That’s why Pepperidge Farm offers a variety of breads that can help people in their goal to achieve and maintain a healthy weight, without sacrificing on nutrition or taste. While all our products can fit a weight management strategy, some of our most popular products that can help with controlling calories are:

- *Deli Flats*® Thin Rolls
- Light Style breads
- Very Thin breads
- Small Slice breads

The benefits of all *Pepperidge Farm* calorie and portion controlled breads and rolls are below. They include:

- Smart-sized slices or rolls
- Many whole grain varieties
- Fiber-rich choices
- Calories ranging from 40-100 per slice
- Low in fat
- Great flavors

As an example, *Deli Flats* Thin Rolls deliver exceptional taste and are ideal for all types of sandwiches, snacks or just to enjoy on their own. All varieties – Soft 100% Whole Wheat, 7 Grain, Whole Grain White and Soft Honey Wheat – are excellent sources of fiber, have 100 calories per serving, and are baked with delicious flavor and soft texture.

Pepperidge Farm Weight Management Products:

Product Line	Variety	Description	Nutritional Benefits
<i>Deli Flats</i>® Thin Rolls	<ul style="list-style-type: none"> - <i>Soft 100% Whole Wheat</i> - <i>7 Grain</i> - <i>Whole Grain White</i> - <i>Soft Honey Wheat</i> 	100 calories per serving and an excellent source of fiber. They are hearth baked with a soft and delicious taste, making them great for sandwiches, grilling and toasting.	<ul style="list-style-type: none"> • Made with whole grain • Excellent source of fiber • 100 calories per serving • Cholesterol free • Low fat • Zero grams trans fat
Bagel Flats*	<ul style="list-style-type: none"> - <i>Plain</i> - <i>Cinnamon</i> 	Delicious taste, 100 calories, and an excellent source of fiber. They are versatile thin bagels that are perfect for breakfast or any time of day. Enjoy them toasted and topped with your favorite spread, or add a tasty filling for the perfect breakfast sandwich.	<ul style="list-style-type: none"> • Excellent source of fiber • 100 calories per serving • Cholesterol free • Low fat • Zero grams trans fat

Light Style	- <i>Extra Fiber Wheat</i>	Great taste and nutritious fiber in every 40 calorie slice	<ul style="list-style-type: none"> • Made with whole grain • Excellent source of fiber • 40 calories per slice • Cholesterol free • AHA heart-check mark certified • Low fat • Zero grams trans fat
	- <i>7 Grain</i>	Wholesome, nutritious grains in 45 calories per slice	<ul style="list-style-type: none"> • Good source of fiber • 45 calories per slice • Cholesterol free • Low fat • Zero grams trans fat • AHA heart-check mark certified
	- <i>Oatmeal</i>	So light, yet so delicious! With 45 calories per slice	<ul style="list-style-type: none"> • 45 calories per slice • Cholesterol free • Low fat • Zero grams trans fat
	- <i>Soft Wheat</i>	Each tempting slice is 45 calories and full of great taste	<ul style="list-style-type: none"> • Made with whole grain • Good source of fiber • 45 calories per slice • Cholesterol free • Low fat • Zero grams trans fat • AHA heart-check mark certified
Very Thin	- <i>100% Whole Wheat</i>	100% delicious, 100% wholesome- in 40-calorie slice	<ul style="list-style-type: none"> • Made with whole grain • Good source of fiber • 40 calories per slice • Low fat • Cholesterol free • Zero grams trans fat
	- <i>White</i>	Slender, satisfying slices at 40 calories per slice	<ul style="list-style-type: none"> • 40 calories per slice • Cholesterol free • Low fat • Zero grams trans fat
Small Slice	- <i>15 Grain</i>	Small size, big flavor whole grain bread at 70 calories per slice	<ul style="list-style-type: none"> • 100% whole wheat flour • Good source of fiber • 70 calories per slice • Cholesterol free • Low fat • Zero grams trans fat • AHA heart-check mark certified
	- <i>100% Whole Wheat</i>	Heart healthy and sized just right to make delicious sandwiches	<ul style="list-style-type: none"> • 100% whole wheat flour • Good source of fiber • 70 calories per slice • Cholesterol free • Low fat • Zero grams trans fat • AHA heart-check mark certified

* Only available in the Northeast

About Pepperidge Farm

Pepperidge Farm, Incorporated, based in Norwalk, Connecticut, is a leading provider of premium quality fresh bakery products, cookies, crackers, and frozen foods. The company earned a #1 rating in the Best Places to Work in Connecticut competition. Among Pepperidge Farm's most popular products are Sausalito® and Milano® cookies, Goldfish® crackers, Baked Naturals™ snacks, frozen Puff Pastry, frozen garlic loaves and Texas Toast, and more than 50 varieties of fresh baked breads including Pepperidge Farm® Swirl, Farmhouse, Whole Grain and Ecce Panis® stone baked artisan breads. Pepperidge Farm was founded in Connecticut in 1937 by Margaret Rudkin, an entrepreneurial homemaker who began baking fresh, all-natural bread for her allergy-afflicted son. The company is now a nationwide business with 9 manufacturing facilities and almost 5,000 employees. Pepperidge Farm has been part of Campbell Soup Company since 1961.

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