List of Store-Bought Breads that are just One Weight Watcher smart point per slice

Aunt Millie's
Muti whole grain wheat bread, 97% fat free

Aunt Millies 35 Calorie
Light 100% whole wheat bread

Brownberry Bakery Light
100% whole wheat bread

Brownberry Health Full
Multigrain bread

Brownberry Light 40 calorie per slice
Italian bread

Country Hearth Lite
100% whole wheat bread

Country Kitchen Light
Oatmeal bread
Wheat bread

D'Italiano
Light Italian bread, sliced

Giant Lite
wheat bread

Giant/Stop & Shop
Light Italian bread
Light multigrain bread
Light seeded rye bread
Light wheat bread

Healthy Life
100% whole grain rye, sugar free bread
100% whole wheat whole grain bread
100% whole wheat whole grain, flaxseed bread
Italian bread
White bread
Whole grain, oat bran, light bread

Heiner's
Reduced calorie heart wheat bread

Heiner's 35
Reduced calorie vegetable fiber, wheat bread

Holsum
Light wheat bread

Holsum Lite'r 35
Wheat bread
White bread

Julian Bakery Paleo Bread
Gluten-free, coconut bread

Natural Grain
100% whole wheat bread
Double fiber bread

Nature's Harvest
Light 100% whole wheat bread

Nature's Own
Double fiber, wheat bread
9-grain enriched bread
Sugar free 100% whole wheat, whole grain bread
Wheat enriched bread
White enriched bread

Oven Joy
Enriched wheat sandwich bread

Pepperidge Farm Carb Style
100% whole wheat bread

Publix
Reduced calorie wheat enriched bread

Publix Premium
Reduced calorie natural grain bread

Sara Lee 45 Calories & Delightful
100% multigrain bread
100% whole wheat bread
100% whole wheat with honey bread
Healthy multi-grain bread

Sara Lee Delightful
45 calories wheat bread

Shwebel's
Enriched Lite wheat bread
Enriched Lite white bread

ShopRite
Enriched Light wheat bread

Sunbeam
Lite Italian Low fat bread

Trader Joe's
Low calorie light wheat bread

Village Hearth Light
12 grain bread
Italian bread
Wheat bread

Wegman's
Lite white bread

Wegman's Food you Feel Good About
Lite wheat bread

Wonder
100% Whole wheat bread
Light wheat bread