

List of Low Weight Watchers FreeStyle Smart Point Bread and Buns.

smart bread & buns.

BREAD

Aunt Millie's

Multi whole grain wheat, 97% fat free

Aunt Millie's 35 Calorie

Light 100% whole wheat

Brownberry Bakery Light

100% whole wheat

Brownberry Health Full

Multigrain

Brownberry Light 40 calorie per slice

Italian

Country Hearth Lite

100% whole wheat

Country Kitchen Light

Oatmeal bread
Wheat

D'Italiano

Light Italian bread, sliced

Giant/Stop & Shop

Light Italian
Light multigrain
Light seeded rye
Light wheat

Healthy Life

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

Heiner's

Reduced calorie heart wheat

Heiner's 35

Reduced calorie vegetable fiber, wheat

Holsum

Light wheat

Holsum Lite'r 35

Wheat
White

Julian Bakery Paleo Bread

Gluten-free, coconut

Natural Grain

100% whole wheat
Double fiber

Nature's Harvest

Light 100% whole wheat
Light multi-grain

Nature's Own

Double fiber, wheat
9-grain enriched
Sugar free 100% whole wheat, whole grain
Wheat enriched
White enriched

Oven Joy

Enriched wheat sandwich bread

Pepperidge Farm Carb Style

100% whole wheat

Publix

Reduced calorie wheat enriched bread

Publix Premium

Reduced calorie natural grain

Sara Lee 45 Calories & Delightful

100% multigrain
100% whole wheat
100% whole wheat with honey

Shwebel's

Enriched Lite wheat
Enriched Lite white

ShopRite

Enriched Light wheat

Sunbeam

Lite Italian Low fat

Trader Joe's

Low calorie light wheat

Village Hearth Light

12 grain
Italian
Wheat

Wegman's

Lite white

Wonder

Light wheat

BUNS

Cobblestone

100% Whole grain hot dog bun

Cottons

Lite wheat hamburger bun

Lite wheat hot dog bun

Giant/Stop & Shop

Light hamburger roll

Light hot dog roll

Great Value 80 Calories

99% fat free hamburger bun

99% fat free hot dog bun

Healthy Life

Light wheat hot dog bun

Light white hot dog bun

Jewel

Light hot dog bun

Light hamburger bun

Merita

Lite wheat hamburger bun

Lite wheat hot dog bun

Nature's Own

Wheat'n Double Fiber hot dog bun

Shwebel's

Lite hot dog bun

ShopRite

Lite hot dog bun

Light enriched hamburger roll

Signature Kitchens

Reduced Calorie hamburger buns

Trader Joe's

Mini hamburger buns

Village Hearth Light

Light Italian hamburger bun

