

VARIETY	EXCHANGES	SERVING SIZE
Thanks-A-Lot®	1 ½ starch or carbohydrate exchange 1 fat exchange	2 cookies
S'mores	1 ½ starch or carbohydrate exchange 1 fat exchange	8 cookies
Lemonades™	1 ½ starch or carbohydrate exchange 1 fat exchange	2 cookies
Shortbread	1 starch or carbohydrate exchange 1 fat exchange	4 cookies
Thin Mints®	1 starch or carbohydrate exchange 2 fat exchanges	4 cookies
Peanut Butter Patties®	1 starch or carbohydrate exchange 2 fat exchanges	2 cookies
Caramel deLites®	1 starch or carbohydrate exchange 1 fat exchange	2 cookies
Peanut Butter Sandwich	1 ½ starch or carbohydrate exchange 2 fat exchanges	3 cookies
Gluten Free Trios Cookie	1 ½ starch or carbohydrate exchange 1 ½ fat exchange	3 cookies

NOTE: 1 carbohydrate or exchange = 15 grams of carbohydrates
Some examples are: 1 slice of bread, 1 small potato, ½ cup of juice, 1 small fruit

Weight Watchers Points Plus

VARIETY	POINTS	SERVING SIZE
Thanks-A-Lot®	4	2 cookies
S'mores	5	2 cookies
Lemonades™	4	2 cookies
Shortbread	3	4 cookies
Thin Mints®	4	4 cookies
Peanut Butter Patties®	4	2 cookies
Caramel deLites®	4	2 cookies
Peanut Butter Sandwich	4	4 cookies
Gluten Free Trios Cookie	4	3 cookies

For complete nutritional information and allergen information,
visit www.abcsmartcookies.com