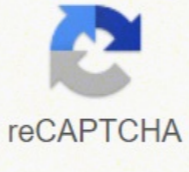




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Next

How to use weight watchers food scales

Page 1 Electronic Food Scale with PointsPlus Values Database Balance alimentaire électronique avec base de données de valeurs PointsPlus Báscula Electrónica para Alimentos con base de datos de valores en PuntosPlus Weighing your favourite foods and calculating their PointsPlus values couldn't be easier! Congratulations! You now own the Weight Watchers® Electronic Food Scale – the only scale designed to weigh foods, and give you accurate PointsPlus values. Using your scale couldn't be easier. First of all, your scale already has the names of over 500 popular foods stored in it. Plus, you can even add your own favourite foods right into the scale's memory. You can also calculate PointsPlus values for recipes that you prepare. ... IMPORTANT TO KNOW ... before using your scale DO ... Store your scale securely, making sure it's locked when it's not being used. To lock the scale, see Unlocking and Locking the Weighing Platform on page 4. Locking the scale between uses will help protect the weighing platform, which is very delicate. If excess pressure is put on the platform, the scale may no longer work. Unlocking and Locking the Weighing Platform 1. Your scale will need to be unlocked before you can weigh any item. 2. To unlock your scale, turn it over, being careful not to press down on the weighing platform. 3. You will see a small switch under the locked padlock. Move the switch position to unlock and lock platform. Key by Key (Platform) You can place food directly on the platform, or use a bowl or plate. (ON/ZERO) Turns on the scale. If scale is already on, this button will return the weight to zero. Press and hold for 3 seconds to change the language setting. (INPUT) Use this to calculate the PointsPlus value of a food, using the information from its Nutritional Facts panel. SETTING OR CHANGING LANGUAGE 1. Press and hold ON/ZERO button for 3 seconds. 2. Press the SCROLL DOWN button to view French (Français) or Spanish (Español). 3. Press the ENTER button to confirm language and return to the weighing screen. 4. NOTE: While you are using the RECIPE BUILDER, you will not be able to change languages. You must first clear the RECIPE BUILDER memory. FINDING THE PointsPlus VALUE OF A FOOD LISTED IN THE SCALE'S DATABASE Use this function to help you find the accurate PointsPlus values for the portions that you weigh. Your scale has over 450 commonly eaten foods listed in its database. If you want to calculate the PointsPlus values of dishes with multiple ingredients, use RECIPE BUILDER on page 10. 4. Press PointsPlus button to see the PointsPlus value of the food. PointsPlus Value 5. Press PointsPlus button to switch between viewing the PointsPlus value and the weight. 6. To clear the entry and use the scale to weigh another food, press CE and remove item from platform. Page 9 2. Press ON/ZERO to zero the weight of the bowl. 3. If you remove your bowl from the platform, the scale will show a negative weight. This is to remind you that the weight has been adjusted to remove the weight of the bowl. Place the bowl back on the platform to get back to a 0 g reading. USING RECIPE BUILDER TO CALCULATE PointsPlus VALUES FOR A RECIPE Use this function to find the PointsPlus value of a recipe. RECIPE BUILDER will save the information for each ingredient so that you can calculate the total PointsPlus value of a recipe. Page 11 3. The scale is ready for you to add your second item to the recipe. NOTE: While you are working in the RECIPE BUILDER mode, the icon to the left of the screen will be displayed. The item number will also be displayed. 4. To add your second food to the recipe, place it on the scale. Page 12 7. You can repeat this process for up to 10 ingredients. At any time, you can view the running PointsPlus value. Simply press PointsPlus button, and the scale will display the current PointsPlus value. PointsPlus Value 8. To continue building your recipe, press ADD and repeat the process for each new item. You can change the number of servings that your recipe makes by pressing the arrow buttons. The scale will calculate the PointsPlus value per serving. NOTE: While in RECIPE BUILDER mode, you can press ADD at any time to switch between viewing the individual items and the total for the recipe. Clearing a Food from Your Recipe 1. If you would like to delete a food from your recipe, use the arrows to get to the food you want to clear. Adding Foods to Your Recipe that are Not Included in the Scale You will need to know the protein, carbohydrates, fat, fibre and serving size in grams. This will work best for packaged foods. 1. Place the item on the scale. 2. Instead of using the keypad to enter a food name (as you would with a food included in the database), press INPUT. 4. Press ADD to add this food to your recipe. You can continue adding foods to your recipe by placing the next item on the scale. 5. When your recipe is complete, press the PointsPlus button to view total PointsPlus value, and to adjust number of servings. Clearing the RECIPE BUILDER Memory 1. PointsPlus CALCULATING VALUES OF PACKAGED FOODS To Calculate PointsPlus Values: 1. Press INPUT. Enter grams of protein per serving, and press ENTER. 2. Enter grams of carbohydrates per serving, and press ENTER. 3. Enter grams of fat per serving, and press ENTER. 4. Enter grams of fibre per serving, and press ENTER. 5. Enter serving size in grams, and press ENTER. 6. The PointsPlus value will display a zero until you place the food on the scale. PointsPlus Value 7. To find the PointsPlus value of that food, place the food on the scale. PointsPlus Value Saving Your Favourite Packaged Foods 1. 2. Use the keypad to input your food name and press ENTER to save. Getting the PointsPlus Values for the Portions of Favourite Foods that You Weigh 1. Press RECALL to view your favourite foods stored in memory. 2. Press ENTER. Use arrows to scroll to the food you are looking for. Press ENTER to select. PointsPlus Value Getting the PointsPlus Values for the Portions You Weigh ... Deleting a Favourite Food from Memory If there are already 10 favourite foods stored in memory, the scale will display "MEMORY FULL" when you try to enter another favourite food. You will need to delete an item to make room for your new entry. Press RECALL. 1. FOOD LIST On the PointsPlus program, fruits and most vegetables are assigned a PointsPlus value of 0 per serving, as they contribute to healthfulness and help reduce hunger while following the plan. Anytime the scale shows a PointsPlus value higher than 0 for these foods, they should be counted as 0. The exception to this is when the RECIPE BUILDER function is being used, which uses the nutritional content per serving of fruits and vegetables to determine the PointsPlus value, rather than the assigned PointsPlus value of 0. To find out which fruits and vegetables count as 0 PointsPlus values, check your Program materials, Companion guide, or Weight Watchers.com. Page 21 BREAD CRUMBS DRIED, SEASONED CHEESE, COTTAGE, LOW-FAT (1%) BREAD, ANY TYPE CHEESE, COTTAGE, REDUCED-FAT (2%) BREAD, FOCACCIA, STORE-BOUGHT CHEESE, COTTAGE, REGULAR (4%) BREAD, HIGH FIBER, >3G PER SLICE CHEESE, CREAM, FAT FREE BREAD, REDUCED-CALORIE, ANY TYPE CHEESE, CREAM, REGULAR BREAD, WHOLE WHEAT CHEESE, CREAM, SOY BREADSTICKS, ANY TYPE CHEESE, CREAM, WHIPPED BROCCOLI, COOKED CHEESE, FETA BRUSSELS SPROUTS, COOKED CHEESE, HARD OR SEMISOFT, FAT FREE BULGUR, COOKED CHEESE, HARD OR SEMISOFT, LOW-FAT BUTTER, WHIPPED CHEESE, HARD OR SEMISOFT, REC. Page 22 CHICKEN, LIVER, COOKED EGGS (S) CHICKEN, THIGH, COOKED WITH SKIN, EGGPLANT, COOKED NO BONE ENDIVE CHICKEN, THIGH, COOKED WITH ESCAROLE NO SKIN & BONE FALAFEL, PATTIES CLEMENTINE FISH, ANCHOVY, CANNED IN OIL, DRAINED COLESLAW FISH, BASS, STRIPED, COOKED CORN BREAD FISH, CATFISH COOKED CORN, BABY (EARS) FISH, COD COOKED FUDGE LAMB, REGULAR, COOKED CORN KERNELS, COOKED FISH, GEFILTE CORN ON THE COB FISH, HALIBUT COOKED CORNMEAL, COOKED FISH, HERRING COOKED COUSCOUS, SEMOLINA, COOKED ... Page 23 FRUIT BUTTER LAMB, LOIN, COOKED FRUIT, DRIED, MIXED LAMB, LOIN, COOKED, TRIMMED FRUIT SALAD, CANNED IN WATER LAMB, REGULAR, COOKED FUDGE LAMB, SHOULDER, COOKED GELATIN, FRUIT-FLAVORED LEEKS, COOKED GELATIN, SUGAR FREE, FLAVORED LENTILS, COOKED GIARDENIERA, NO OLIVES LETTUCE, ANY TYPE GRAPEFRUIT LIVER PATE GRAPES MAC & CHEESE, MIX, PREPARED GREENS, COLLARD, COOKED MACARONI SALAD GREENS, KALE, COOKED MACARONI, COOKED GREENS, MUSTARD, COOKED MACARONI, WHOLE WHEAT, COOKED GREENS, TURNIP, COOKED MANDARIN ORANGES GUACAMOLE MANGO HAM, COOKED, LEAN MARGARINE, FAT FREE ... Page 24 NUTS, BRAZIL PHYLLO DOUGH NUTS, HAZELNUTS PICKLES, SWEET NUTS, MACADAMIA, SHELLED PICKLES, WITHOUT SUGAR (DILL) NUTS, MIXED, SHELLED PICO DE GALLO NUTS, PECANS PIE CRUST, ANY TYPE NUTS, PIGNOLIAS (PINE NUTS) PIE FILLING, CANNED, FRUIT NUTS, PISTACHIOS, SHELLED PIE FILLING, FRUIT-FLAVORED, LIGHT, OAT BRAN, COOKED CANNED OATS, ROLLED PIMIENTOS, CANNED OLIVES PINEAPPLE, CANNED, IN JUICE ONION(S), UNCOOKED PINEAPPLE, CANNED, WITHOUT SUGAR ONIONS, FROZEN, CHOPPED, COOKED PINEAPPLE, FRESH ONIONS, FLAKES PITA, WHITE ORANGE(S) PLANTAIN, BAKED OR BOILED ORANGE, SECTIONS ... Page 25 PRETZEL TWISTS SAUCE, TACO PRETZELS, SOFT SAUCE, TAHINI PRUNES SAUCE, TAMARI PUDDING, READY-MADE, REDUCED-CALORIE SAUCE, TARTAR PUDDING, RICE SAUCE, TARTAR, FAT FREE PUDDING, VANILLA MIX WITH WHOLE MILK SAUCE, TERIYAKI PUMPKIN SEEDS SAUCE, WORCESTERSHIRE PUMPKIN, CANNED SAUERBRATEN RADISHES SAUERKRAUT RAISINS SAUSAGE, BEEF OR PORK COOKED RAISINS CHOCOLATE-COVERED SAUSAGE, CHICKEN, COOKED RAISINS, YOGURT-COVERED SAUSAGE, CHORIZO RASPBERRIES SAUSAGE, ITALIAN, PORK, COOKED RICE, BROWN, COOKED SCALLIONS RICE, WHITE, COOKED SESAME SEEDS RICE, WHITE, LONG GRAIN, INSTANT, COOKED SHALLOTS, RAW SALAD, EGG ... Page 26 SOY BURGER TOMATOES, FRESH SOY CHEESE, FAT FREE TORTILLA, CORN SOY CHEESE, REGULAR TORTILLA, FLOUR SOY YOGURT FLAVORED TORTILLA, FLOUR, FAT FREE SOY YOGURT, PLAIN TORTILLA, WHOLE WHEAT, SOYBEAN NUTS TUNA SALAD, STORE-BOUGHT SPAGHETTI SAUCE, JAR ANY TYPE TURKEY BREAST, COOKED WITH SKIN SPAGHETTI SAUCE, JAR LOW-FAT TURKEY, DARK MEAT, NO SKIN SPAGHETTI, COOKED TURKEY, LIGHT MEAT, NO SKIN SPAGHETTI, WHOLE WHEAT, COOKED TURKEY, GROUND REGULAR, COOKED SPINACH, COOKED ... Page 27 YOGURT, LIGHT, ARTIFICIALLY SWEETENED YOGURT, LOW-FAT, PLAIN YOGURT, LOW-FAT WITH SUGAR, FLAVORED YOGURT, LOW-FAT, WITH SUGAR, FRUIT-FLAVORED YOGURT, PLAIN, WHOLE MILK ZUCCHINI, COOKED ... Page 28 © 2010 Weight Watchers International, Inc. All rights reserved. WEIGHT WATCHERS est la marque déposée de Weight Watchers International, Inc. Le système, la marque de commerce et la formule PointsPlus sont la propriété de Weight Watchers International, Inc. Brevet en instance.



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