

Weight Watchers® Electronic Food Scale: Quick Start Guide

Congratulations on purchasing a Weight Watchers Electronic Food Scale! This tool takes any guesswork out of calculating **PointsPlus™** values for your portions and can help you be successful with the Weight Watchers **PointsPlus** program.

GET READY TO USE YOUR NEW SCALE

FIRST, turn the scale over (don't press down on the weighing platform) and press and push the battery cover to remove it. Load the battery into its compartment; make sure the + and - ends are facing correctly and that the ribbon is under the battery. This makes it easier to remove the battery. Replace the battery cover and click it shut.

THEN, unlock your scale by moving the switch position to unlock. Remove the plastic coverings over the screen and scale platform. You are ready to go!

TO SET LANGUAGE: Press and hold **ON/ZERO** button for 3 seconds. Press the **SCROLL DOWN** button to view French (Français) or Spanish (Español). Then, press the **ENTER** button to confirm language and return to the weighing screen.



1

WEIGHING FOOD

Place your food on the platform and the screen will display weight of food. (You can press **g/oz** to switch between the two at any time.)

- If you have the food in a bowl or on a plate, start by placing the empty bowl or plate on the platform and press **ON/ZERO** to subtract the weight of that bowl or plate.

THEN, place food in the bowl or plate to get the weight of the food.



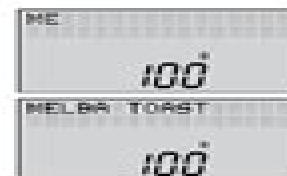
2

GETTING THE **PointsPlus** VALUE OF A FOOD IN THE FOOD LIST

To calculate the **PointsPlus** value of a food after getting its weight (see above), use the keypad to start entering the food name.

NEXT, use the arrows to scroll through the food list until you find your food. When you get to the food name you want, press the **PointsPlus** button to see its **PointsPlus** value.

TIP: Press **CE** if you want to start again and weigh another food.

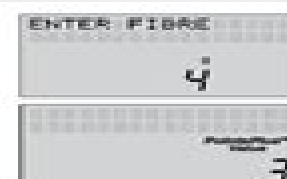


3

CALCULATING THE **PointsPlus** VALUES OF PACKAGED FOODS

FIRST, press **INPUT**. Then use the number keys followed by **ENTER** to provide each of the following per serving information (in grams): fat, carbohydrates, fibre and protein.

THEN, type in the serving size in grams and press **ENTER**. Place the food on the scale and the **PointsPlus** value will be displayed. (The **PointsPlus** value will display a zero until you place the food on the scale).

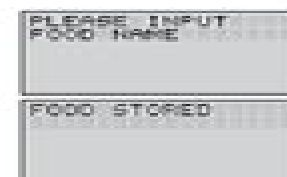


4

SAVING YOUR FAVOURITE PACKAGED FOODS TO YOUR SCALE

You can also save up to 10 of your favourite foods in your scale's memory. To save a food, complete the steps in Step 3. When the **PointsPlus** value of that food is shown, press **INPUT**.

Use the keypad to type in the food name and press **ENTER** to save. It's now saved to your scale's memory!



Please refer to your **User Guide** for complete details on your scale's features, including using **RECIPE BUILDER** to calculate the **PointsPlus** value for a recipe – page 10; clearing and adding a food from your recipe – pages 10-13; and also a handy Food List – beginning on page 20.

WE HOPE YOU ENJOY YOUR NEW FOOD SCALE AND IT BECOMES A VALUABLE KITCHEN TOOL!

Instruction Manual For Weight Watchers Food Scale

JE Gale



Instruction Manual For Weight Watchers Food Scale:

Instruction Manual For Weight Watchers Food Scale Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Instruction Manual For Weight Watchers Food Scale**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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Table of Contents Instruction Manual For Weight Watchers Food Scale

1. Understanding the eBook Instruction Manual For Weight Watchers Food Scale
 - The Rise of Digital Reading Instruction Manual For Weight Watchers Food Scale
 - Advantages of eBooks Over Traditional Books
2. Identifying Instruction Manual For Weight Watchers Food Scale
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Instruction Manual For Weight Watchers Food Scale
 - User-Friendly Interface
4. Exploring eBook Recommendations from Instruction Manual For Weight Watchers Food Scale
 - Personalized Recommendations
 - Instruction Manual For Weight Watchers Food Scale User Reviews and Ratings

- Instruction Manual For Weight Watchers Food Scale and Bestseller Lists
- 5. Accessing Instruction Manual For Weight Watchers Food Scale Free and Paid eBooks
 - Instruction Manual For Weight Watchers Food Scale Public Domain eBooks
 - Instruction Manual For Weight Watchers Food Scale eBook Subscription Services
 - Instruction Manual For Weight Watchers Food Scale Budget-Friendly Options
- 6. Navigating Instruction Manual For Weight Watchers Food Scale eBook Formats
 - ePub, PDF, MOBI, and More
 - Instruction Manual For Weight Watchers Food Scale Compatibility with Devices
 - Instruction Manual For Weight Watchers Food Scale Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Instruction Manual For Weight Watchers Food Scale
 - Highlighting and Note-Taking Instruction Manual For Weight Watchers Food Scale
 - Interactive Elements Instruction Manual For Weight Watchers Food Scale
- 8. Staying Engaged with Instruction Manual For Weight Watchers Food Scale
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Instruction Manual For Weight Watchers Food Scale
- 9. Balancing eBooks and Physical Books Instruction Manual For Weight Watchers Food Scale
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Instruction Manual For Weight Watchers Food Scale
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Instruction Manual For Weight Watchers Food Scale
 - Setting Reading Goals Instruction Manual For Weight Watchers Food Scale
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Instruction Manual For Weight Watchers Food Scale
 - Fact-Checking eBook Content of Instruction Manual For Weight Watchers Food Scale
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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