

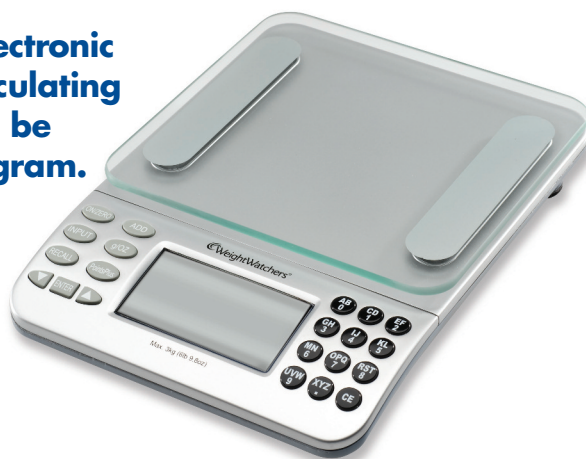
# Weight Watchers® Electronic Food Scale: Quick Start Guide

**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!

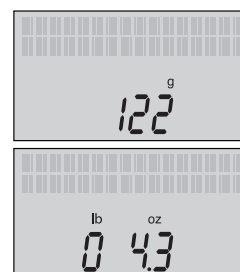


## 1 WEIGHING FOOD

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 FOUND 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.

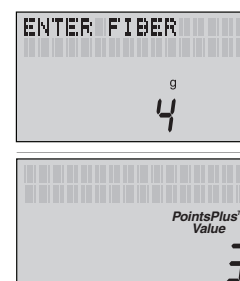
**TIP:** Press **CE** if you want to start again and weigh another food.



## 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): total protein, total carbohydrates, total fat, and dietary fiber.

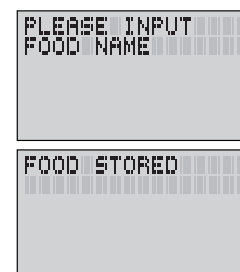
**THEN**, type in the serving size in grams and press **ENTER**. Place the food on the scale and the *PointsPlus* value will be displayed. (The *PointsPlus* value will display a zero until you place the food on the scale).



## 4 SAVING YOUR FAVORITE PACKAGED FOODS TO YOUR SCALE

You can also save up to 10 of your favorite 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 13-14; 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!**