

LIST CORRECTIONS: *PointsPlus*™ PLAN

After we sent the *Pocket Guide*, the *Dining Out Companion*, and the *Complete Food Companion*® to print, we discovered a few errors and omissions. In addition, in some cases, we learned of changes in brand-name product details. We'll list the corrections on the next few pages. And, because many of the corrections are items that qualified as Weight Watchers Power Foods during the first print run, but for which we forgot to include the ▲ designation, below we'll also include the Power Foods categories.

WEIGHT WATCHERS POWER FOODS

These foods comprise the very best choices in their categories: most filling and lowest in *PointsPlus* values, with the most positive impact on health.

To be sure a food is included, look for the green pyramid in food lists.



FRUITS

Included:

- ▲ All fresh, frozen, or canned without added sugar—whether or not it has *PointsPlus* values per serving
- ▲ Fruit canned in its own juice (drained)
- ▲ Fruit salad—mixed fruits with no added sugar

These don't count as Power Foods:

- Dried fruits
- Juices

VEGETABLES

Included:

- ▲ Most fresh, frozen, or canned without added sugar or oil—whether or not it has *PointsPlus* values per serving
- ▲ Potatoes—white, red, sweet

These don't count as Power Foods:

- Juices
- Vegetables prepared with ingredients that are not Weight Watchers Power Foods (for example, corn in butter sauce, dried tomatoes packed in oil)
- Avocados
- French fries
- Olives
- Plantains
- Sweet pickles

LEAN PROTEINS

Included: (see food list for specific cuts and grinds)

- ▲ Beef, chicken, lamb, pork, turkey, veal: lean, trim, all skin removed
- ▲ Dried beans, including canned black, cannellini, kidney, refried, and white
- ▲ Dried peas, including black-eyed peas and split peas
- ▲ Eggs: whole, whites, and fat-free substitute
- ▲ Game meats, including buffalo, elk, ostrich, and venison
- ▲ Lentils
- ▲ Meat substitutes, including tofu and most vegetarian burgers
- ▲ Most fish and shellfish: fresh, frozen, and canned
- ▲ Organ meats from beef, lamb, pork, and veal

These don't count as Power Foods:

- Canned fish or shellfish packed in oil
- Meats or fish with breading or added fat
- Processed meats, such as hot dogs

NON-FAT DAIRY & DAIRY SUBSTITUTES

Included:

- ▲ Fat-free cheeses, including fat-free cottage cheese
- ▲ Fat-free milk and beverages made with fat-free milk—such as cappuccino or latte, as long as it's sugar-free
- ▲ Fat-free plain and light yogurt
- ▲ Fat-free sour cream
- ▲ Unflavored fat-free soy cheese
- ▲ Unflavored soy milk and soy yogurt

WHOLE GRAINS

Included breads:

- ▲ Brown and wild rices
- ▲ Hot cereals without added sugar, dried fruits, or nuts—such as 100% bran, cream of rice, cream of wheat, grits, or oatmeal
- ▲ Pasta, whole-wheat or other whole-grain varieties
- ▲ Popcorn, as long as it's air-popped or 94% fat-free microwave-popped
- ▲ Ready-to-eat cereals—such as whole-grain without added sugar, dried fruits, or nuts, and with 4g fiber or more per serving
- ▲ Whole grains—such as barley, buckwheat, bulgur, cornmeal (polenta), whole-wheat couscous, or quinoa

PLUS MORE

Included breads: (whole grains make the best choices)

- ▲ Light English muffins
- ▲ Light hot dog and hamburger rolls
- ▲ Reduced-calorie (light) breads

Included soups:

- ▲ Broth, onion, and some broth- and tomato-based vegetable soups

Included desserts:

- ▲ Sugar-free gelatin

WEIGHT WATCHERS DINING OUT COMPANION



PAGE	LOCATION OF INCORRECT LIST ITEM	INCORRECT ITEM	CORRECTION
24	Left column, under "O", 4 th item	Olives, 10 large or 6 small [1 oz]	Olives, 10 small or 6 large [1 oz]
43	Right column, about halfway down	Olives, 10 large or 6 small [1 oz]	Olives, 10 small or 6 large [1 oz]
67	Arctic Circle, left column, under Entrées	▲ missing. Add ▲ to this item	▲ Halibut, 2 pieces
85	Baja Fresh Mexican Grill, left and right columns, under Side Orders	▲ missing. Add ▲ to these items	▲ Black Beans, 1 serving ▲ Pinto Beans, 1 serving ▲ Side Shrimp, 1 serving
89	bd's Mongolian Grill, right column, 4 th item	▲ missing. Add ▲ to this item	▲ Pineapple, 1 serving
95	Blimpies [®] Subs & Salads, right column, under TOPPING, SAUCES & DRESSINGS	Change <i>PointsPlus</i> value: ▲ Sweet Pepper Strips, 6 pieces... 1	▲ Sweet Pepper Strips, 6 pieces... 0
99	Bob Evans [®] , left column, middle	▲ missing. Add ▲ to this item	▲ Plain Baked Potato, 1 serving
100	Bob Evans [®] , left column	▲ missing. Add ▲ to these items	▲ Hard Boiled Egg, 1 egg ▲ Hardcooked Egg (A La Carte), 1 egg ▲ Oatmeal, 1 cup ▲ Omelet Shell (A La Carte), 1 ▲ Omelet Shell, Bob Evans Egg Lites (A La Carte), 1 serving ▲ Omelet Shell, Egg Whites (A La Carte), 1 serving
102	Bob Evans [®] , left column, under Kid's Selections	Change <i>PointsPlus</i> value here and ▲ missing. Add ▲ to this item: Broccoli Florets, 1 kids serving... 1	▲ Broccoli Florets, 1 kids serving... 0
103	Bob Evans [®] , left column, under Condiments	▲ missing. Add ▲ to this item	▲ Lemon, 1 wedge... 0
105	Boston Market [®] , right column, 3 rd from the bottom	Delete ▲ here	Seasonal Fresh Fruit Salad, 1 serving... 2
114	Burger King [®] , right column, under Side Orders	Change <i>PointsPlus</i> value here: ▲ BK [™] Fresh Apple Fries, 1 serving... 1	▲ BK [™] Fresh Apple Fries, 1 serving... 0
118	Captain D's Seafood, right column, under Sides	Change <i>PointsPlus</i> value here: ▲ Broccoli, 1 order... 1	▲ Broccoli, 1 order... 0
121	Caribou Coffee [®] , left column, under Northern Lite Latte	▲ missing. Add ▲ to these items	▲ Caramel, 1 small ▲ Vanilla, 1 small
132	Chili's Grill & Bar [®] , under Not "Just" Sides	▲ missing. Add ▲ to this item	▲ Kettle Black Beans, 1 serving
134	Church's Chicken [®] , left column, under Sides	Change <i>PointsPlus</i> value here: ▲ Collard Greens, 1 regular... 1	▲ Collard Greens, 1 regular... 0
143	Cousins Subs [™] , left column, last item under Better Bunch [™] Salads	▲ missing. Add ▲ to this item	▲ Side Salad, 1

PAGE	LOCATION OF INCORRECT LIST ITEM	INCORRECT ITEM	CORRECTION
154	Dairy Queen®, left column, under Xtra Stuff	Change PointsPlus value here and add ▲ : Banana Slices , 1 serving... 1	▲ Banana Slices , 1 serving... 0
155	Dairy Queen®, left column, last item under Sides	▲ missing. Add ▲ to this item	▲ Side Salad , 1 serving
164	Denny's®, right column, under Breakfast Sides	Change PointsPlus values here: ▲ Banana , 1 serving... 3 ▲ Grapes , 1 serving... 3	▲ Banana , 1 serving... 0 ▲ Grapes , 1 serving... 0
164	Denny's®, right column, under Condiments, Sauces & Gravies	Change PointsPlus value here: ▲ Pico de Gallo , 1 serving... 1	▲ Pico de Gallo , 1 serving... 0
165	Denny's®, right column, 1 st item under Kid's D-Zone	Change PointsPlus value here: ▲ Anti-Gravity Grapes , 1 serving... 3	▲ Anti-Gravity Grapes , 1 serving... 0
166	Denny's®, left column, under Kid's Sides & Desserts	Delete ▲ here	Far Out Fruit Medley , 1 serving... 2
168	Domino's Pizza™, left and right columns, under Pizza Toppings (for medium pizza)	▲ missing. Add ▲ to these items	▲ Banana Peppers , topping for 1/8 of the 12" pizza ▲ Green Chile Peppers , topping for 1/8 of the 12" pizza ▲ Green Pepper , topping for 1/8 of the 12" medium pizza ▲ Jalapeno , topping for 1/8 of the 12" pizza ▲ Mushrooms , topping for 1/8 of the 12" medium pizza ▲ Onions , topping for 1/8 of the 12" medium pizza ▲ Philly Meat , topping for 1/8 of the 12" pizza
168	Domino's Pizza™, right column, under Pizza Toppings (for large pizza)	▲ missing. Add ▲ to this item	▲ Banana Peppers , toppings for 1/8 of the 14" pizza
169	Domino's Pizza™, left and right columns, under Pizza Toppings (for large pizza)	▲ missing. Add ▲ to these items	▲ Green Chile Peppers , toppings for 1/8 of the 14" pizza ▲ Green Pepper , topping for 1/8 of the 14" large pizza ▲ Jalapeno , topping for 1/8 of the 14" pizza ▲ Mushrooms , topping for 1/8 of the 14" large pizza ▲ Onions , topping for 1/8 of the 14" large pizza ▲ Philly Meat , topping for 1/8 of the 14" pizza ▲ Pineapple , topping for 1/8 of the 14" large pizza ▲ Tomatoes , topping for 1/8 of the 14" large pizza 0
171	Domino's Pizza™, right column, under Oven Baked Sandwiches	▲ missing. Add ▲ to these items	▲ Extra Philly Meat , 1 serving ▲ Extra Veggies, Italian , 1 serving ▲ Extra Veggies, Philly , 1 serving
176	Dunkin' Donuts, right column, under Iced Espresso Drinks	▲ missing. Add ▲ to this item	▲ Iced Latte Lite , 1 small
176	Dunkin' Donuts, right column, 1 st item listed	▲ missing. Add ▲ to this item	▲ Latte Lite , 1 small

PAGE	LOCATION OF INCORRECT LIST ITEM	INCORRECT ITEM	CORRECTION
179	Eat'N Park, under Breakfast	▲ missing. Add ▲ to these items	▲ Egg (poached) , 1 ▲ Egg Beaters® , 1 serving ▲ Oatmeal (plain) , 1 cup
180	Eat'N Park, right column, under Dinners	▲ missing. Add ▲ to this item	▲ Liver , 1 serving ▲ Nantucket Cod , 1 serving ▲ Salmon (Alaskan sockeye) , 1 serving ▲ Scrod (Floridian) , 1 regular serving
181	Eat'N Park, under Sides	▲ missing. Add ▲ to these items	▲ Cottage Cheese , 1 serving... 3 ▲ Potato (baked) , 1... 5
181	Eat'N Park, left column, under Sides	Add ▲ and change PointsPlus values here: Banana , 1 large... 3 Banana , 1 medium... 3 Strawberries (fresh cup) , 1 cup... 1 Sugar Snap Peas , 1 serving... 1	▲ Banana , 1 large... 0 ▲ Banana , 1 medium... 0 ▲ Strawberries (fresh cup) , 1 cup... 0 ▲ Sugar Snap Peas , 1 serving... 0
194	Fresh Choice®/Zoopea®, right column, halfway down	▲ missing. Add ▲ to this item	▲ Hominy , 2 Tbsp
195	Fresh Choice®/Zoopea®, right column, halfway down	Change PointsPlus value here and ▲ missing. Add ▲ to this item: Italian Vegetable Medley , 1/2 cup... 1	▲ Italian Vegetable Medley , 1/2 cup... 0
196	Fresh Choice®/Zoopea®, under Specialty Salads	Change PointsPlus value here and ▲ missing. Add ▲ to this item	▲ Classic Caesar , 1 cup... 0
197	Fresh Choice®/Zoopea®, right column, 7 th item	Change PointsPlus value here and ▲ missing. Add ▲ to this item	▲ Hearty Vegetable , 1 cup... 0
224	Jack in the Box®, under Salads (without dressing & condiments)	▲ missing. Add ▲ to this item	▲ Asian Chicken Salad with Grilled Chicken Strips , 1
225	Jack in the Box®, left column, under Extras	▲ missing. Add ▲ to this item	▲ Grilled Onions , 1 serving
232	Joe's Crab Shack, right column, under Entrées	▲ missing. Add ▲ to this item	▲ Maui Mahi without Sides , 1 serving
236	KFC®, right column, under Sides	Change PointsPlus value here: ▲ KFC® Mean Greens® , 1 serving... 1	▲ KFC® Mean Greens® , 1 serving... 0
241	Lee's Famous Recipe Chicken, right column, under Side Items	Change PointsPlus value here and ▲ missing. Add ▲ to this item: Green Beans , 1 serving... 1	▲ Green Beans , 1 serving... 0
241	Lee's Famous Recipe Chicken, right column, under Side Items	▲ missing. Add ▲ to this item	▲ Corn on the Cob , 1 serving
241	Lee's Famous Recipe Chicken, left column, under Chicken	▲ missing. Add ▲ to this item	▲ Famous Recipe Breast without Skin/Breading , 1
242	Little Caesars® Pizza, left column, 3 rd item under Fresh and Ready Salad (without dressing)	Change PointsPlus value here: ▲ Garden Mixed Salad , 1... 1	▲ Garden Mixed Salad , 1... 0
243	Long John Silver's®, left column, under Fish, Seafood & Chicken	▲ missing. Add ▲ to this item	▲ Grilled Pacific Salmon , 2 fillets

PAGE	LOCATION OF INCORRECT LIST ITEM	INCORRECT ITEM	CORRECTION
253	McDonald's®, right column, under McCafe Coffees	▲ missing. Add ▲ to this item	▲ Iced Nonfat Latte with Sugar Free Vanilla Syrup, 1 small ▲ Nonfat Latte with Sugar Free Vanilla Syrup, 1 small
254	McDonald's®, first item	Change PointsPlus value here: ▲ Apple Dippers, 1 serving... 1	▲ Apple Dippers, 1 serving... 0
257	Moe's Southwest Grill, under Additional Selections	▲ missing. Add ▲ to these items	▲ Black Beans, 1 serving ▲ Pinto Beans, 1 serving
257	Moe's Southwest Grill, under Meat, Fish, Chicken, Tofu	▲ missing. Add ▲ to these items	▲ Grilled Tilapia, 1 serving ▲ Ground Beef, 1 serving ▲ Pork, 1 serving ▲ Steak, 1 serving
259	Monical's Pizza®, left column, under Monical's Pizza® Toppings	▲ missing. Add ▲ to this item	▲ Cheese Free, 1 serving
261	Mr. Goodcents® Subs & Pastas, right column, under Dress Options	▲ missing. Add ▲ to this item	▲ Standard Dress, no oil, 1 serving
266	Nathan's Famous, under Miscellaneous	▲ missing. Add ▲ to this item	▲ Sauerkraut, 1 serving
277	Outback Steakhouse, left column, under Aussie-Tizers® To Share	Edit to clarify portion size: Bloomin Onion, 1 serving... 7	Bloomin Onion, 1/6 of the onion... 7
279	Outback Steakhouse, under Irresistible Desserts	Edit to clarify portion size: Carrot Cake, 1 slice... 3 Classic Cheesecake, 1 slice... 5	Carrot Cake, 1/4 of the dessert... 3 Classic Cheesecake, 1/4 of the dessert... 5
291	Piccadilly Cafeteria, left column, under Sides	▲ missing. Add ▲ to this item	▲ Watermelon, 1 serving
291	Piccadilly Cafeteria, Right column, near middle	▲ missing. Add ▲ to this item	▲ Pinto, 1 serving
299	Pollo Tropical®, under Side Dishes	▲ missing. Add ▲ to this item	▲ Black Beans, 1 serving
299	Pollo Tropical®, under A-La-Carte, 2 nd item	▲ missing. Add ▲ to this item	▲ Churrasco Steak, 1 serving
322	Sizzler®, left column, under Sizzlin' Steaks, 1 st item	▲ missing. Add ▲ to this item	▲ Classic 6.25 oz. USDA Choice Sizzler Steak (without sizzling veggies, choice of starch & cheese toast), 1 serving
322	Sizzler®, right column, under Seafood	▲ missing. Add ▲ to these items	▲ Grilled Salmon (without sizzling veggies, choice of starch & cheese toast), 1 serving ▲ Grilled Shrimp Skewers (without sizzling vegetables, choice of starch & cheese toast), 2 skewers
322	Sizzler®, right column, last item	Change PointsPlus value here and ▲ missing. Add ▲ to this item: Broccoli, 1 serving... 1	▲ Broccoli, 1 serving... 0

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343	Starbucks Coffee, left column, under Caffè Latte	▲ missing. Add ▲ to this item	▲ Caffè Latte, made with soy milk, 1 tall ▲ Vanilla Latte, made with nonfat milk, 1 short ▲ Vanilla Latte, made with soy milk, 1 short
343	Starbucks Coffee, right column, under Cappuccino	▲ missing. Add ▲ to this item	▲ Cappuccino, made with soy milk, 1 tall
344	Starbucks Coffee, right column, under Iced Caffè	▲ missing. Add ▲ to these items	▲ Iced Caffè Latte, made with soy milk, 1 tall ▲ Iced Skinny Cinnamon Dolce Latte, 1 grande ▲ Iced Sugar Free Syrup Flavored Latte, made with nonfat milk, 1 tall ▲ Iced Sugar Free Syrup Flavored Latte, made with soy milk, 1 tall ▲ Sugar Free Syrup Flavored Latte, made with nonfat milk, 1 tall ▲ Sugar Free Syrup Flavored Latte, made with soy milk, 1 tall
345	Starbucks Coffee, left column, under Skinny Latte	▲ missing. Add ▲ to these items	▲ Skinny Caramel Latte, 1 grande ▲ Skinny Cinnamon Dolce Latte, 1 grande ▲ Skinny Vanilla Latte, 1 grande ▲ Skinny Hazelnut Latte, 1 grande ▲ Skinny Latte (any flavor), 1 short
349	Subway® Restaurants, left column, under Individual Meats	▲ missing. Add ▲ to this item	▲ Turkey Breast, 1 serving
350	Subway® Restaurants, under Salads with 6 grams of Fat or Less	▲ missing. Add ▲ to these items	▲ Black Forest Ham, 1 salad ▲ Subway Club, 1 salad
351	Subway® Restaurants, 2 nd item under Cookies & Desserts	Change PointsPlus value here: ▲ Apple Slices, 1 package... 1	▲ Apple Slices, 1 package... 0
362	Taco John's®, left column near the top	▲ missing. Add ▲ to this item	▲ Refried Beans (without cheese), 1 serving
380	Uno® Chicago Grill, left column, 1 st item	▲ missing. Add ▲ to this item	▲ 10 oz Top Sirloin, 1 serving (order serves 2)

WEIGHT WATCHERS COMPLETE FOOD COMPANION®



PAGE	LOCATION OF INCORRECT LIST ITEM	INCORRECT ITEM	CORRECTION
9	Right column, near the top, under Barley	▲ missing. Add ▲ to this item	▲ uncooked, 1/4 cup
10	Right column	▲ missing. Add ▲ to this item	▲ Beaver, cooked or uncooked, 1 oz
10	Right column, under Bear	▲ missing. Add ▲ to this item	▲ cooked, 1 oz ▲ uncooked, 1 oz
12	Left column, 5 th item	90% lean/10% fat, cooked, 12 oz [1 pound uncooked]. . . PointsPlus value: 23	90% lean/10% fat, cooked, 12 oz [1 pound uncooked]. . . PointsPlus value: 17 [note change in PointsPlus value]
12	Left column, middle	▲ missing. Add ▲ to these items	▲ 95% lean/5% fat, cooked, 12 oz [1 pound uncooked] ▲ 95% lean/5% fat, uncooked, 1 oz
13	Left column, 2 nd item under Bison [buffalo]	▲ missing. Add ▲ to this item	▲ lean, all visible fat trimmed, uncooked, 1 oz
14	Left column, under Bread	▲ missing. Add ▲ to this item	▲ protein (includes gluten), 1 slice [3/4 oz]
14	Right column, near bottom	▲ Buckwheat, 1 cup	▲ Buckwheat, uncooked, 1 cup [note addition of the word "uncooked"]
15	Left column, under Burrito, 4 th item	PointsPlus value: 1	PointsPlus value: 7 [note change in PointsPlus value]
21	Right column, 6 th item from top	▲ missing. Add ▲ to this item	▲ uncooked, without skin and bone, 4 oz
26	Left column, under Couscous	▲ missing. Add ▲ to these items	▲ whole-wheat, uncooked, 1 Tbsp ▲ whole-wheat, uncooked, 1/4 cup
37	Right column, near middle, under Kasha [buckwheat groats]	▲ missing. Add ▲ to this item	▲ uncooked, 1/4 cup
38	Right column, 7 th item from bottom	▲ missing. Add ▲ to this item	▲ Lambs-quarters, cooked, 1 cup
42	Left column, 2 nd item under Milk	▲ buttermilk, low-fat [1%], 1 cup . . . PointsPlus value: 3	buttermilk, low-fat [1%], 1 cup . . . PointsPlus value: 3 [delete ▲]
42	Left column, under Millet, 5 th from the bottom	▲ missing. Add ▲ to this item	▲ uncooked, 1/4 cup
44	Right column, 8 th item	Olives, 10 large or 6 small [1 oz]	Olives, 10 small or 6 large [1 oz]
44	Left column, middle, under Nori seaweed	▲ missing. Add ▲ to these items	▲ 10 sheets [1 oz] ▲ 2 Tbsp
45	Right column, near bottom, 4 th item from the bottom, under Pasta	▲ missing. Add ▲ to this item	▲ brown rice, uncooked, 2 oz
46	Left column, under Pasta, 8 th and 9 th items	▲ missing. Add ▲ to these items	▲ whole-wheat, uncooked, 2 oz ▲ whole-wheat, uncooked, 1 pound
49	Left column, bottom, under Popcorn	reduced-fat (94% fat-free), microwave-popped, 5 cups. . . PointsPlus value: 1	reduced-fat (94% fat-free), microwave-popped, 5 cups. . . PointsPlus value: 3 [note change in PointsPlus value]

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49	Left column, near bottom, under Popcorn	▲ light, butter-flavored, popped, 3 cups. . . PointsPlus value: 2 light, microwave-popped, 3 cups. . . PointsPlus value: 2 light, plain, popped, 3 cups. . . PointsPlus value: 3	light, butter-flavored, popped, 3 cups. . . PointsPlus value: 3 [note the deletion of ▲, and change of PointsPlus value] light, microwave-popped, 3 cups. . . PointsPlus value: 3 [note the change of PointsPlus value] light, plain, popped, packaged, 3 cups. . . PointsPlus value: 3 [note addition of the word "packaged"]
52	Left column, under Quail	▲ missing. Add ▲ to this item	▲ breast, meat only, uncooked, 1 [2 oz]
53	Right column, under Rice, wild	▲ missing. Add ▲ to this item	▲ uncooked, 1 cup
53	Left column, under Rice, brown	▲ missing. Add ▲ to this item	▲ uncooked, 1/4 cup
65	Right column, under Spaghetti	▲ missing. Add ▲ to this item	▲ whole-wheat, uncooked, 2 oz
66	Right column, bottom item	packed, 1 cup. . . 23	Delete listing
73	Left column, 4 th and 5 th items, under Turkey	▲ missing. Add ▲ to these items	▲ light meat (breast), uncooked, without skin or bone, 4 oz ▲ light meat (breast), uncooked, without skin or bone, 1/2 breast [13 3/4 oz]
74	Right column, under Venison	▲ missing. Add ▲ to this item	▲ uncooked, 4 oz
75	Right column, 3 rd item from the bottom, under Yam	▲ missing. Add ▲ to this item	▲ uncooked, 1 large [8 oz]
80	Under Lean Proteins, 4 th bullet	• Organ meats from beef, lamb, pork, veal, and poultry	• Organ meats from beef, lamb, pork, and veal
112	Left column, under Alvarado	▲ missing. Add ▲ to this item	▲ Essential flax seed bread, 2 slices
115	Left column, under Healthy Life Original	▲ missing. Add ▲ to these items	▲ 100% whole grain sugar free rye bread no seeds, 2 slices ▲ 100% whole grain sugar free wheat bread, 2 slices ▲ 100% whole wheat whole grain bread, 2 slices ▲ 100% whole wheat whole grain flaxseed bread, 2 slices ▲ Italian bread, 2 slices ▲ White bread, 2 slices
115	Right column, under Nature's Own	▲ missing. Add ▲ to these items	▲ 100% whole grain sugar free bread, 1 slice ▲ 100% whole wheat bread, 1 slice
116	Left column, under Nature's Own	▲ missing. Add ▲ to this item	▲ Whitewheat bread, 2 slices
119	Left column, last item under Weight Watchers	▲ Wheat bread, 2 slices. . . 2	▲ 100% whole wheat bread, 2 slices. . . 2 [add clarification]
123	Right column, under Healthy Life	▲ missing. Add ▲ to this item	▲ 100% whole wheat English muffins, 1 muffin
124	Left column, under Western Bagel English Muffins	▲ missing. Add ▲ to this item	▲ Wheat, 1
129	Left column, under Nature's Own Whitewheat	▲ missing. Add ▲ to these items	▲ Hamburger buns, 1 ▲ Hot dog buns, 1

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130	Left column, under Weight Watchers	▲ Wheat sandwich rolls, 1 roll. . . 4	▲ Wheat sandwich rolls, 1 roll. . . 3 (note change in PointsPlus value)
136	Left column, under Amy's	▲ missing. Add ▲ to this item	▲ Cream of rice hot cereal bowl, 1
139	Left column, 6 th item from the top	▲ missing. Add ▲ to this item	▲ Shredded wheat, 2 biscuits
142	Right column, near bottom, under Kellogg's Mini-Wheats	▲ missing. Add ▲ to this item	▲ Un-frosted bite size, 30 biscuits
144	Left column, under Uncle Sam	▲ missing. Add ▲ to this item	▲ Cereal, 3/4 cup
144	Left column, under Quaker Oats, near middle	▲ missing. Add ▲ to this item	▲ Shredded wheat, 3 biscuits
179	Right column, under SoyaKaas	▲ missing. Add ▲ to this item	▲ Grated Parmesan style, 1 oz
180	Left column, under Weight Watchers	Add these items:	Natural light reduced fat smoked mozzarella string cheese, 1 piece. . . 1 Natural reduced fat Cheddar cheese stick, 1 piece. . . 2 Natural reduced fat Colby jack stick, 1 piece. . . 2
180	Right column, first item under Breakstone's	▲ missing. Add ▲ to this item	▲ Fat free sour cream, 2 Tbsp
182	Left column, first listing under Knudsen	▲ missing. Add ▲ to this item	▲ Fat free sour cream, 2 Tbsp
186	Left column, all items under Colombo Light	▲ missing. Add ▲ to these items	▲ All items under Colombo Light
188	Left column, middle, under Stonyfield Farm Organic Fat Free	▲ missing. Add ▲ to this item	▲ Plain, 1 container [6 oz]
190	Right column, all items under Yoplait Light	▲ missing. Add ▲ to these items	▲ All items under Yoplait Light. Please also delete duplicates listed below: Strawberry orange sunrise, 6 oz. . . 3 White chocolate strawberry, 6 oz. . . 3
190	Right column, several items under Yoplait Light Thick & Creamy	▲ missing. Add ▲ to these items	▲ French vanilla, 6 oz 3 ▲ Key lime, 6 oz ▲ Lemon meringue pie, 6 oz ▲ Mixed berry, 6 oz ▲ Orange crème, 6 oz ▲ Peaches 'n cream, 6 oz ▲ Strawberry cream, 6 oz
190	Left column, near middle, under Weight Watchers	Add this item	▲ Vanilla nonfat yogurt [32 oz container], 1 cup. . . 2
192	Left column, under Yoplait Original 99% Fat Free	▲ missing. Add ▲ to this item	▲ Plain fat free, 6 oz
205	Bottom of left column and top of right column, under No Pudge!	Fat free fudge brownie mix—cappuccino, prepared, 1/2 of a package [1 oz]. . . 3 Fat free fudge brownie mix—mint, prepared, 1/2 of a package [1 oz]. . . 3 Fat free fudge brownie mix—mint, prepared, 1/2 of a package [1 oz]. . . 3 Fat free fudge brownie mix—original, prepared, 1/2 of a package [1 oz]. . . 3 Fat free fudge brownie mix—raspberry, prepared, 1/2 of a package [1 oz]. . . 3 Fat free fudge brownie mix—raspberry, prepared, 1/2 of a package [1 oz]. . . 3	Fat free fudge brownie mix—cappuccino, prepared, 1/12 of a package [1 oz]. . . 3 Fat free fudge brownie mix—mint, prepared, 1/12 of a package [1 oz]. . . 3 Fat free fudge brownie mix—original, prepared, 1/12 of a package [1 oz]. . . 3 Fat free fudge brownie mix—raspberry, prepared, 1/12 of a package [1 oz]. . . 3 (note that 1/2 was changed to 1/12 in 4 places)

PAGE	LOCATION OF INCORRECT LIST ITEM	INCORRECT ITEM	CORRECTION
210	Left column, under Weight Watchers	Add this item	Coffee cake, 1. . . 3
216	Left column, top, under Weight Watchers by Whitman's	Delete the entire current listing under Weight Watchers by Whitman's and replace it with the copy in the next column	Almond nougat, 1 piece. 1 Caramel medallions, 1 piece. . . . 1 Coconut, 1 piece. 1 Crispy butter cream caramel, 1 piece. . . 1 Double chocolate mousse, 1 piece. . . . 1 English toffee squares, 1 piece. . . . 1 Mint pattie bar, 1 piece. 1 Mint patties, 1 piece. 1 Nougie nutty chew, 1 piece. . . . 1 Peanut butter cups, 1 piece. . . . 2 Pecan crowns, 1 piece. 1 Toffee square bar, 1 piece. 1
220	Left column, last item	Weight Watchers by Whitman's Caramel drops, 7 pieces. . . 4	Delete this listing.
241	Left column, last item under Weight Watchers	Strawberry yogurt smoothie bars, 2 bars. . . 3	Strawberry smoothie bar, 1 bar. . . 2 (note clarification and change in value)
251	Left column, about halfway down	No sugar added double strawberry ice cream, 1/2 cup. . . PointsPlus value: 1	No sugar added double strawberry ice cream, 1/2 cup. . . PointsPlus value: 3 (note change in value)
254	Left and right columns, under Weight Watchers	Dark chocolate raspberry ice cream bar, 1 bar Dark chocolate raspberry ice cream bar, 2 bars. . . 5 Giant mint fudge cone, 1 cone. . . 4 Vanilla ice cream sandwiches, 1 sandwich	Dark chocolate raspberry bar, 1 bar (note clarification) Delete Dark chocolate raspberry ice cream bar, 2 bars. . . 5 Delete Giant mint fudge cone, 1 cone. . . 4 Vanilla rectangle ice cream sandwiches, 1 sandwich (note clarification)
254	Right and left columns, under Weight Watchers	Add these items	Chocolate dipped strawberry bar, 1 bar. . . 3 Dark chocolate dulce de leche bar, 1 bar. . . 3 Dark chocolate raspberry cheesecake bar, 1 bar. . . 3 Dutch chocolate ice cream sandwich (snack size), 1 sandwich. . . 2 Fudge bar (snack size), 1 bar. . . 1 Strawberry fruit bar, 1 bar. . . 2 Vanilla bean ice cream sandwich (snack size), 1 sandwich. . . 2
308-309	Right column, numerous items under Wegmans Beef	▲ missing. Add ▲ to these items	▲ FYFGA flank steak, broiled, 3 oz ▲ FYFGA shoulder roast/steak, boneless, roasted/broiled, 3 oz ▲ FYFGA sandwich steak, 3 oz ▲ FYFGA top round cutlets, 3 oz ▲ FYFGA eye round roast/steak, roasted/broiled, 3 oz ▲ FYFGA sirloin tip roast/steak, roasted/broiled, 3 oz ▲ FYFGA top round roast/steak, roasted/broiled, 3 oz
310	Left column, under Foster Farms Savory Servings	▲ missing. Add ▲ to these items	▲ All natural fire roasted chipotle tenders, 1/2 fillet [4 oz] ▲ All natural true bbq turkey tenderloins, 4 oz ▲ All natural zesty lemon herb breast fillets, 1/2 fillet
310	Right column, under Tyson	▲ missing. Add ▲ to these items	▲ Boneless skinless breasts, 1 piece ▲ Boneless skinless chicken breasts with rib meat, 4 oz

PAGE	LOCATION OF INCORRECT LIST ITEM	INCORRECT ITEM	CORRECTION
311	Left column, near middle and 8 th from the bottom	▲ missing. Add ▲ to these items	▲ Evencook chicken breasts, 4 oz ▲ IF boneless skinless chicken tenderloins, 4 oz
311-312	Under Wegmans Chicken	▲ missing. Add ▲ to these items	▲ Breast, boneless chef trimmed, 3 oz ▲ Breast, cube steak, 3 oz ▲ FYFGA breast cutlet, 3 oz ▲ FYFGA breast, boneless, 3 oz ▲ FYFGA breast, split, 3 oz1
318	Right column, under Wegmans Lamb	▲ missing. Add ▲ to this item	▲ FYFGA shanks, phf, 3 oz
321	Right column, under Market Day Meats—Pork	▲ missing. Add ▲ to this item	▲ Pork tenderloins, 4 oz
321	Right column, under Hormel Always Tender, halfway down	▲ missing. Add ▲ to this item	▲ Tarragon mustard loin fillet, 4 oz
326	Left column, 4 th item under Jennie-O Turkey Store	▲ missing. Add ▲ to this item	▲ Extra lean ground breast, 4 oz
326	Left column, 3 rd item from the bottom under Jennie-O Turkey Store	Lean ground turkey, 4 oz... PointsPlus value: 2	Lean ground turkey, 4 oz... PointsPlus value: 4 [note change in value]
326	Left column, under Jennie-O Turkey Store	▲ missing. Add ▲ to this item	▲ Exact weight split tenderloin, 4 oz
331	Left column, near middle, under Ellen Rose	▲ missing. Add ▲ to this item	▲ Lowfat orange ginger dressing, 2 Tbsp
335	Left and right columns, under Maple Grove	▲ missing. Add ▲ to these items	▲ Organic balsamic vinaigrette dressing, 2 Tbsp ▲ Sugar free balsamic vinaigrette dressing, 2 Tbsp ▲ Sugar free raspberry vinaigrette, 2 Tbsp
339	Left column, under Walden Farms	▲ missing. Add ▲ to these items	▲ Creamy bacon, 2 Tbsp ▲ French, 2 Tbsp ▲ Russian, 2 Tbsp ▲ Thousand island, 2 Tbsp
340	Right column, near top, under Pompeian	▲ missing. Add ▲ to these items	▲ Acai pomegranate infused red wine vinegar, 1 Tbsp ▲ Pomegranate infused red wine vinegar, 1 Tbsp ▲ Red wine vinegar (premium quality), 1 Tbsp ▲ Roasted garlic infused red wine vinegar, 1 Tbsp
340	Left column, under Zukay Salad Dressing	▲ missing. Add ▲ to these items	▲ Cucumber mint, 1 oz ▲ Red pepper cilantro, 1 oz ▲ Tomato provencal, 1 oz ▲ Sweet onion basil, 1 oz
346	Right column, 6 th item	▲ missing. Add ▲ to this item	▲ Organic brown rice, 1/4 cup uncooked
346	Right column, under Mahatma	▲ missing. Add ▲ to this item	▲ Brown rice whole grain, uncooked, 1/4 cup
346	Left column, last item	▲ missing. Add ▲ to this item	▲ Brown rice, 1/4 cup uncooked

PAGE	LOCATION OF INCORRECT LIST ITEM	INCORRECT ITEM	CORRECTION
348	Right column, under Uncle Ben's Brown	▲ missing. Add ▲ to these items	▲ Fast & natural whole grain instant brown rice, prepared, 1 cup ▲ Natural whole grain brown rice, prepared, 1 cup ▲ Whole grain brown rice, prepared, 1 cup
359	Right column, near bottom, under Weight Watchers Fresh Ready Meals	Baked ziti, 1 meal. . . .?	Delete this item
374-375	Move copy from left column on page 375 to right column on page 374	Move to Meat Substitutes Entrées	Broccoli & Cheddar roasted potatoes, 1 . . . 6 Cheesy scramble with hashbrowns, 1 . . . 5
375	Left column, middle	Add this copy following Wegmans Vegetables & Sides	Weight Watchers Fresh Ready Meals Chicken salad, 3/4 cup. . . 5 Seafood salad, 3/4 cup. . . 3
379	Right column, near bottom	Above Westbrae Natural, add this:	Weight Watchers Fresh Ready Meals Cole slaw, 3/4 cup. . . 2 Macaroni salad, 3/4 cup. . . 5 Potato salad, 3/4 cup. . . 4 Rainbow pasta salad, 3/4 cup. . . 5
388	Left column, top, under Weight Watchers Fresh Ready Meals	Add this item	Baked ziti, 1 meal. . . .?
410	Left column under Old El Paso Beans	▲ missing. Add ▲ to this item	▲ Seasoned black beans, 1/2 cup
446	Right column, under the last item:	Add these items	▲ Healthy pop butter, 94% fat free, popped, 5 cups. . . 2 ▲ Healthy pop kettle corn, 94% fat free, popped, 4 cups. . . 3 ▲ Healthy pop butter, low sodium, 94% fat free, popped, 5 cups. . . 2
465	Right column	Baked! Doritos Nacho cheese flavored tortilla chips, 15 pieces. . . 1 Scoops tortilla chips, 15. . . 3	Delete this entire listing
466	Right column, halfway down	Doritos Baked! Baked nacho cheese, 15 pieces. . . PointsPlus value: 3	Doritos Baked! Nacho cheese, 15 pieces . . . PointsPlus value: 3 Scoops tortilla chips, 15 pieces. . . PointsPlus value: 3
491	Right column, under Glory Sensibly Seasoned	Missing item	Add the following under: ▲ Pinto beans, 1/2 cup. . . 2 ▲ Red beans, 1/2 cup. . . PointsPlus value: 2
492	Left column under Sunsun	▲ missing. Add ▲ to this item	▲ Small red beans, 1/4 cup
499	Right column, under the title PEAS, DRIED	No brand name listed	In bold italics, like other brand names, add: Bush's
500	Left column, under Glory Sensibly Seasoned	▲ Red beans, 1/2 cup. . . PointsPlus value: 2	Delete listing
504	Right column, about 2/3 of the way down, under Faraon	▲ missing. Add ▲ to this item	▲ Nopales naturales, 1/2 cup. . . 0

PAGE	LOCATION OF INCORRECT LIST ITEM	INCORRECT ITEM	CORRECTION
506	Left column, near bottom	Weight Watchers Smart Ones Desserts Chocolate chocolate chip muffins, 1 muffin... PointsPlus value: 5	Delete listing
506	Left column, under Flatbread and Pita, Weight Watchers	▲ missing. Add ▲ to this item	▲Pita pocket bread, 1
506	Right column, under Weight Watchers	Add this item under: Jalapeno pepper spreadable wedge, 1 wedge	Natural light reduced fat smoked mozzarella string cheese, 1 piece... 1
506	Right column, under Weight Watchers	Add these items under: Natural light string cheese, 1 piece	Natural reduced fat Cheddar cheese stick, 1 piece... 2 Natural reduced fat Colby jack stick, 1 piece... 2
506	Left column, last item under Rolls and Buns	▲ Wheat sandwich rolls, 1 roll... 4	▲ Wheat sandwich rolls, 1 roll... 3 (please note PointsPlus value change)
506	Left column, under BREAD AND BAKED GOODS, last item under Bread	▲Wheat bread, 2 slices... 2	▲ 100% whole wheat bread, 2 slices... 2 (note added clarification)
507	Left column, under Weight Watchers	Add this item under: ▲Vanilla nonfat yogurt, 6 oz... 2	▲ Vanilla nonfat yogurt (32 oz container), 1 cup... 2
507	Right column, under Weight Watchers	Add this item under: Chocolate crème cake, 1... 2	Coffee cake, 1... 3
507	Right column, under Weight Watchers by Whitman's	Delete the entire current listing under Weight Watchers by Whitman's and replace it with the copy on in the next column here.	Weight Watchers by Whitman's Almond nougat, 1 piece... 1 Caramel medallions, 1 piece... 1 Coconut, 1 piece... 1 Crispy butter cream caramel, 1 piece... 1 Double chocolate mousse, 1 piece... 1 English toffee squares, 1 piece... 1 Mint pattie bar, 1 piece... 1 Mint patties, 1 piece... 1 Nougie nutty chew, 1 piece... 1 Peanut butter cups, 1 piece... 2 Pecan crowns, 1 piece... 1 Toffee square bar, 1 piece... 1
507	Right column, near bottom	Weight Watchers by Whitman's Caramel drops, 7 pieces... 4	Delete this listing.
508	Left column, under Frozen Yogurt	Weight Watchers Strawberry yogurt smoothie bars, 2 bars... 3	Weight Watchers Strawberry smoothie bar, 1 bar... 2
508	Left and right columns, under Weight Watchers	Dark chocolate raspberry ice cream bar, 1 bar Dark chocolate raspberry ice cream bar, 2 bars... 5 Giant mint fudge cone, 1 cone... 4 Vanilla ice cream sandwiches, 1 sandwich	Dark chocolate raspberry bar, 1 bar (note clarification) Delete Dark chocolate raspberry ice cream bar, 2 bars... 5 Delete Giant mint fudge cone, 1 cone... 4 Vanilla rectangle ice cream sandwiches, 1 sandwich (note clarification)

PAGE	LOCATION OF INCORRECT LIST ITEM	INCORRECT ITEM	CORRECTION
508	Right and left columns	Please add the following items in their correct alphabetical place under Weight Watchers	Chocolate dipped strawberry bar, 1 bar... 3 Dark chocolate dulce de leche bar, 1 bar... 3 Dark chocolate raspberry cheesecake bar, 1 bar... 3 Dutch chocolate ice cream sandwich (snack size), 1 sandwich... 2 Fudge bar (snack size), 1 bar... 1 Strawberry fruit bar, 1 bar... 2 Vanilla bean ice cream sandwich (snack size), 1 sandwich... 2
509	Left column, near top, under Weight Watchers Fresh Ready Meals	Baked ziti, 1 meal... 7	Delete
510	Right column, near middle, under Weight Watchers Fresh Ready Meals	Above Fettuccini primavera, 1 meal... 6 Add this item	Baked ziti, 1 meal... 7
510	Right column	Above Meat Substitutes Entrées, add this	Weight Watchers Fresh Ready Meals Chicken salad, 3/4 cup... 5 Seafood salad, 3/4 cup... 3
510	Right column	Above Pasta Entrées, add this	Weight Watchers Fresh Ready Meals Cole slaw, 3/4 cup... 2 Macaroni salad, 3/4 cup... 5 Potato salad, 3/4 cup... 4 Rainbow pasta salad, 3/4 cup... 5

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PAGE	CORRECTION
18	Delete ▲ before couscous
21	Under Edamame, change PointsPlus value to 3
26	Under "Hot dog, beef or pork" change the PointsPlus value of "on roll, plain, 1" to 9
30	Low-fat buttermilk, delete ▲
33	Pastrami, beef: Add the words "extra-lean" after beef
35	Under Popcorn, 94% fat free, change PointsPlus value to 3
35	Under Popcorn, light change PointsPlus value to 3
38	Under "Rolls, hamburger or hot dog, 1," change the size to 2 oz and the PointPlus value to 4
40	Change shrimp listing to "Shrimp, 2 oz" and PointsPlus value to "1"
49	Add ▲ to Yogurt, Greek
72	Change shrimp listing to "Shrimp, 2 oz" and PointsPlus value to "1"
80	Under 94% popcorn, change PointsPlus value to 3
124	Under Easter, replace PointsPlus value for chocolate any type with "4"
124	"Burger, plain . ." should be 10 PointsPlus values