electronic food scale   Quick Start Guide

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

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 4 AAA batteries into its compartment; make sure the + and – ends are facing correctly. 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. Press ON and you are ready to go!
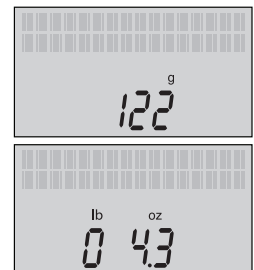
1 WEIGHING FOOD

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 **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 DATABASE

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

NEXT, use the scroll wheel 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.
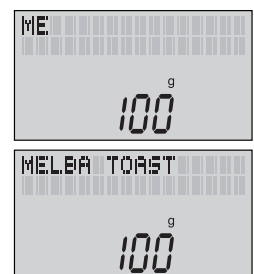
3 CALCULATING THE *PointsPlus* VALUES OF PACKAGED FOODS

FIRST, press **INPUT**. Then use the number keys followed by **ENTER** to provide each of the following per serving information (in grams): total fat, total carbohydrates, dietary fiber, 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.)
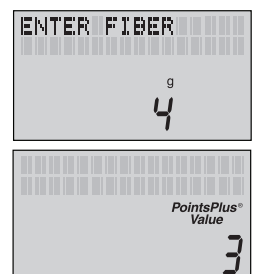
4 SAVING YOUR FAVORITE PACKAGED FOODS TO YOUR SCALE

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 **ADD** to save. It's now saved to your scale's memory!
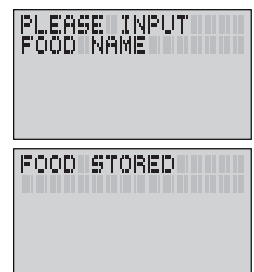
Please refer to your detailed guide for complete details on your scale's features, including using *RECIPE BUILDER* to calculate the **PointsPlus** value for a recipe – page 10; adding and clearing foods from your recipe - pages 10-13; and also a handy Food List – beginning on page 20.

We hope you enjoy your new food scale and it becomes a valuable kitchen tool!

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