



## Electronic Food Scale

with **PointsPlus**<sup>™</sup> Values Database

## Balance alimentaire électronique

avec base de données de valeurs **PointsPlus**<sup>MC</sup>

## Báscula Electrónica para Alimentos

con base de datos de valores en **PuntosPlus**<sup>™</sup>

Weighing your favourite foods and calculating their **PointsPlus**<sup>™</sup> values couldn't be easier!

Peser vos aliments et obtenir leur valeur **PointsPlus**<sup>MC</sup> ne pourrait être plus facile!

¡Pesar los alimentos preferidos y calcular sus valores en **PuntosPlus**<sup>™</sup> no podía ser más fácil!

**USER MANUAL • MANUEL DE L'UTILISATEUR • MANUAL DEL USUARIO**

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, using the new *RECIPE BUILDER* feature. It's simple to set up and easy to use.




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# 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.
-  Clean your scale platform between food weighings with a damp cloth.
-  Be sure to lock the scale before cleaning the platform to prevent overloading from excessive pressure.

### DO NOT...

-  Overload the scale. Make sure the items you place on the platform do not exceed 3 kg (6 lbs., 9.8 oz) or the scale will no longer work. Excessively pressing on the weighing platform or placing the scale upside down may cause damage.

**Please Note: Any damage caused by such overloading will not be covered by your warranty.**

-  Immerse the scale in water or put it in a dishwasher, as this may cause it to malfunction.

## SETTING UP YOUR SCALE

### Loading the Battery

1. To insert the battery, turn the scale over, being careful not to press down on the weighing platform.
2. Press and push the battery cover on the base of the scale to remove.
3. Load the battery into the battery compartment.
4. Make sure that the positive and negative ends are facing correctly (*see diagram inside battery compartment*), and that the ribbon is under the battery. This makes it easier to remove the battery.
5. Replace the battery compartment cover, making sure that it closes securely and clicks shut.

## 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.

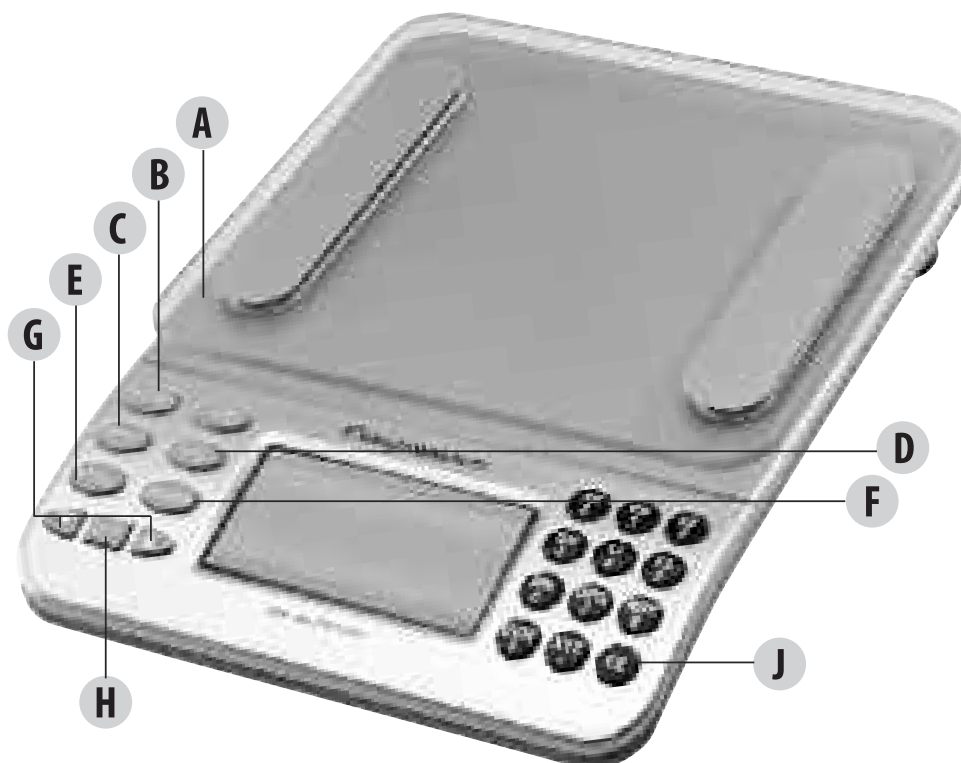
**NOTE:** Make sure you lock the platform before storing or travelling with the scale. This will prevent it from inadvertently becoming overloaded.

**YOUR SCALE HAS A 3 KG (6 LBS., 9.8 OZ) MAXIMUM WEIGHT**

## Screen and Platform Protector

1. You will find a plastic strip positioned over the screen. Peel off the strip and discard it.
2. There is a plastic peel-off sticker protecting the scale platform. Peel this off too, and throw it away.

## USING YOUR SCALE

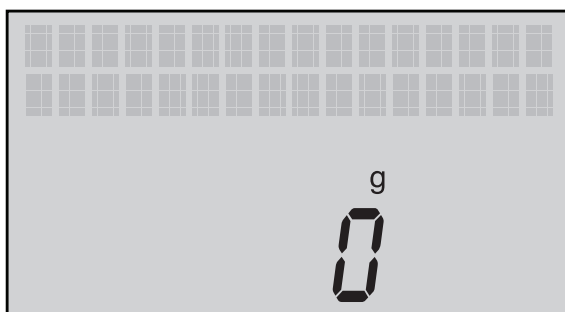


## Key by Key

- A** (Platform) You can place food directly on the platform, or use a bowl or plate.
- B** (**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.
- C** (**INPUT**) Use this to calculate the **PointsPlus**<sup>TM</sup> value of a food, using the information from its Nutritional Facts panel.
- D** (**g/oz**) Switches the unit of measurement between grams and ounces.
- E** (**RECALL**) Brings up favourite foods stored in memory.
- F** (**PointsPlus**) Finds the **PointsPlus** values of foods listed in the database.
- G** (Arrows) Scrolls through the Food List to find your food.
- H** (**ENTER**) Confirms an entry.
- J** (**CE**) Clears last entry. Hold down for 3-5 seconds to clear *RECIPE BUILDER* memory.

## Turning on the Scale

1. Press the **ON/ZERO** button to turn on the unit. The display will read 0 g:



**NOTE:** Your scale will automatically turn off after 2 minutes of not being used.

## SETTING OR CHANGING LANGUAGE

1. Press and hold **ON/ZERO** button for 3 seconds.



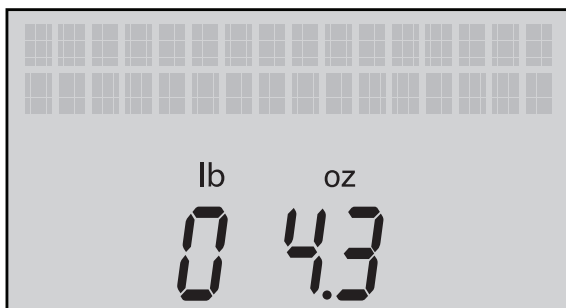
2. Press the **SCROLL DOWN** button to view French (Français) or Spanish (Español).
3. Press the **ENTER** button to confirm language and return to the weighing screen.
4. **NOTE:** While you are using the *RECIPE BUILDER*, you will not be able to change languages. You must first clear the *RECIPE BUILDER* memory.

## WEIGHING YOUR FOOD

1. Place the food directly on the scale platform.
2. The screen will display the weight of the food.



3. You can press **g/oz** to switch between grams and ounces at any time.



# FINDING THE *PointsPlus*<sup>TM</sup> 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.

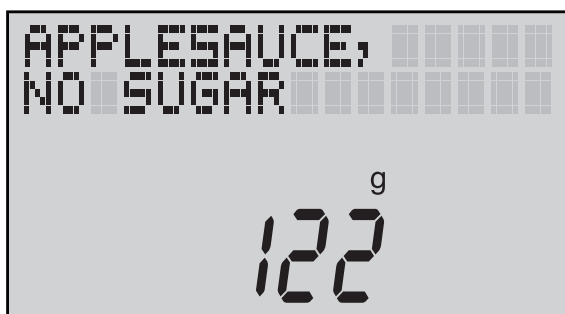
1. After placing food on the platform, use the alphabetical keys to enter the food name. You can use as few, or as many, letters as you want to search for the food name.



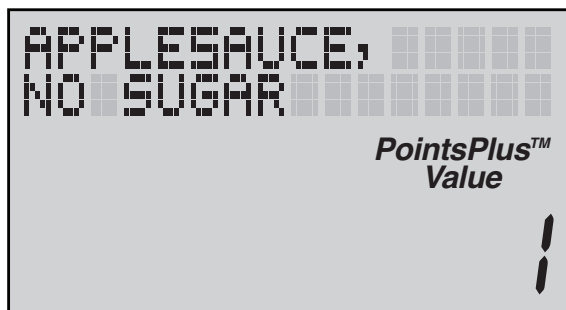
2. Press **ENTER**. This will take you to the first entry in the Food List that uses these letters.



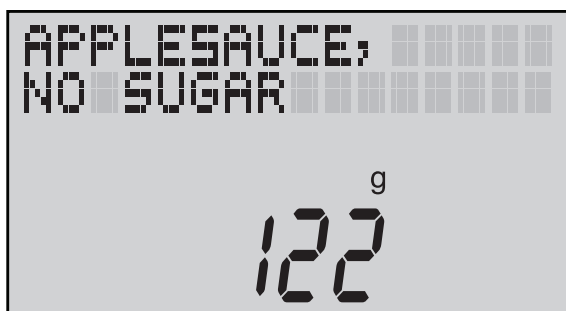
3. Use the arrows to scroll through the Food List until you find your food. Hold down the arrows to scroll quickly.



4. Press **PointsPlus™** button to see the **PointsPlus** value of the food.



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.



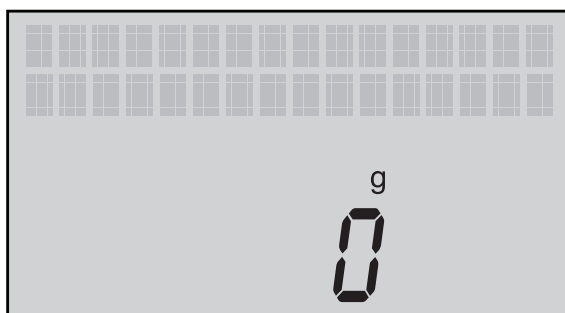
## WEIGHING YOUR FOOD WITH A BOWL OR PLATE

1. Place the empty bowl or plate on the platform.





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.

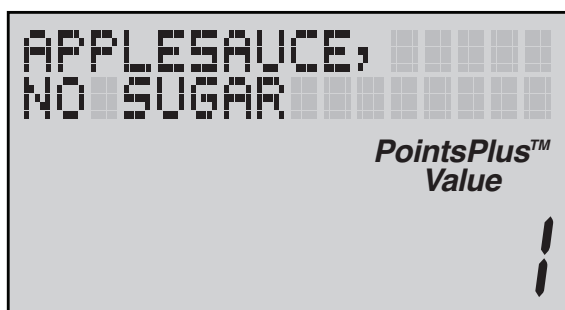


Place the bowl back on the platform to get back to a 0 g reading.

4. Place food in bowl to get the weight of the food without the bowl.



5. To get the **PointsPlus** value of the food, use the keypad to enter the food name, and press **ENTER**. Then press **PointsPlus** button (see **FINDING THE PointsPlus VALUE OF A FOOD** on page 7).



6. Press **CE** to weigh another food.

## USING *RECIPE BUILDER* TO CALCULATE *PointsPlus*™ VALUES FOR A RECIPE

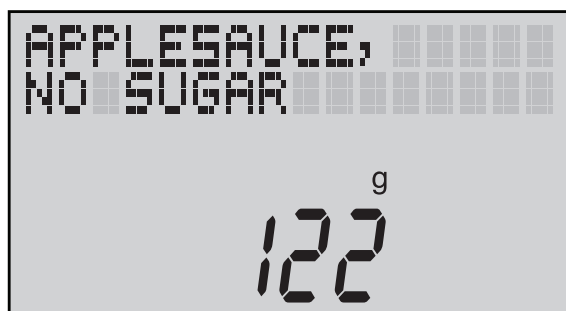
Use this function to find the *PointsPlus* value of a recipe. *RECIPE BUILDER* will save the information for each ingredient so that you can calculate the total *PointsPlus* value of a recipe. If you plan to place all of the ingredients in one bowl, remember to zero the weight of the bowl first by placing it on the scale, and then pressing **ON/ZERO**. You can also build your recipe by placing one item at a time directly on the platform and then taking it off after you add it.

You can add foods listed in the database, as well as foods not included in the database, when protein, carbohydrates, total fat and fibre grams are known.

You can add a maximum of 10 ingredients per recipe.

### Adding Foods to Your Recipe

1. To weigh the first food, place it on the platform (or in the bowl after you have zeroed its weight). Use the keypad and arrows to enter the name of the food. Press the *PointsPlus* button to see the *PointsPlus* value of the food, or press **ADD** to build your recipe.

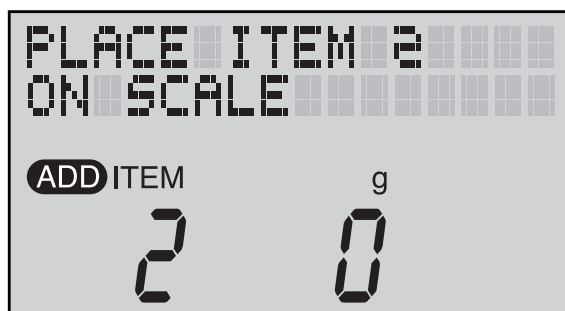


2. When you press **ADD**, the screen will flash "FOOD ADDED" to confirm that the food information is stored in memory.

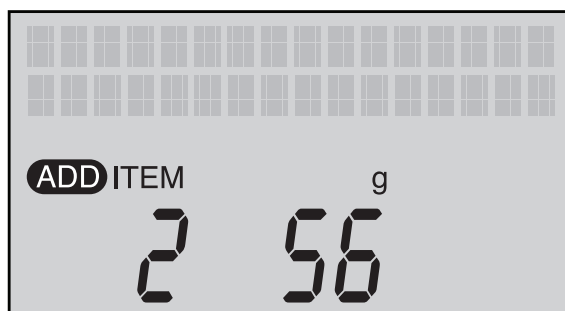


3. The scale is ready for you to add your second item to the recipe.

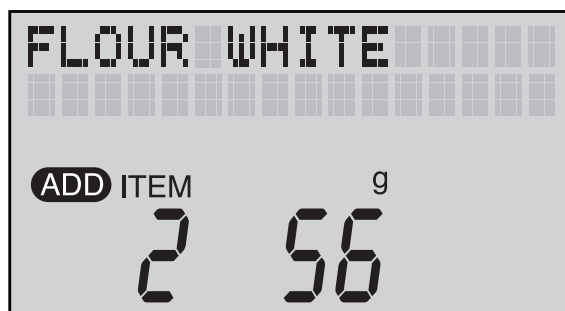
**NOTE:** While you are working in the *RECIPE BUILDER* mode, the **ADD** icon to the left of the screen will be displayed. The item number will also be displayed.



4. To add your second food to the recipe, place it on the scale.

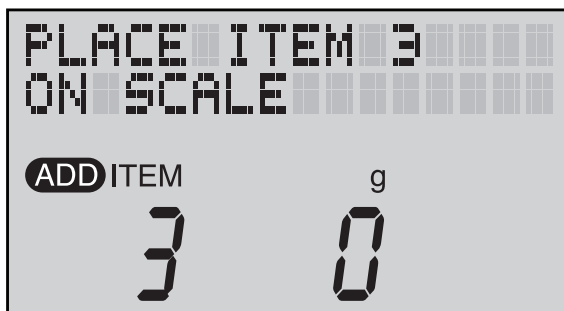


5. Use the keypad and/or arrows to enter the name of your second food.

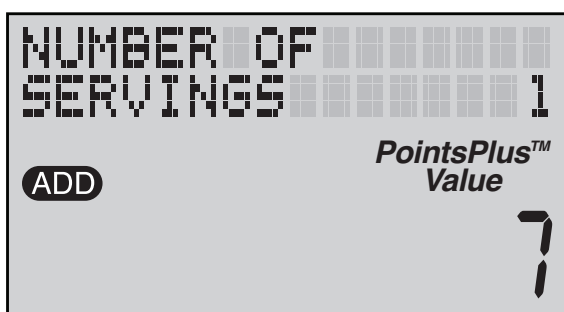


6. Press **ADD** to confirm entry. "FOOD ADDED" will flash, and your scale will be ready for you to add your third food to the recipe.

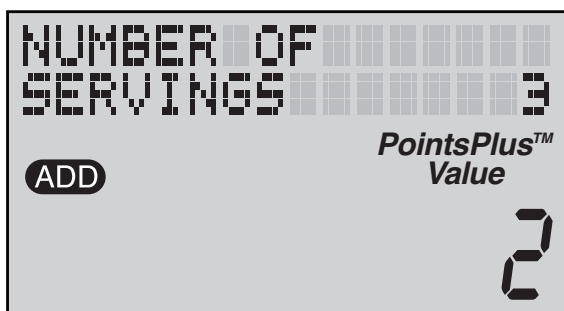




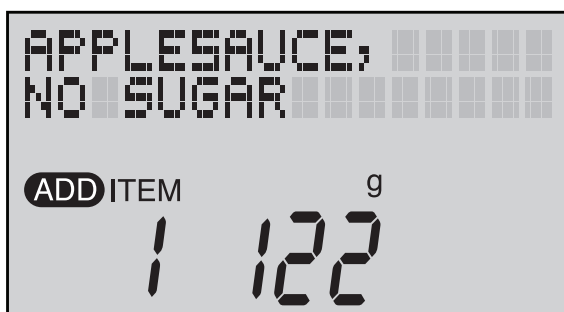
7. You can repeat this process for up to 10 ingredients. At any time, you can view the running **PointsPlus™** value. Simply press **PointsPlus** button, and the scale will display the current **PointsPlus** value.



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.



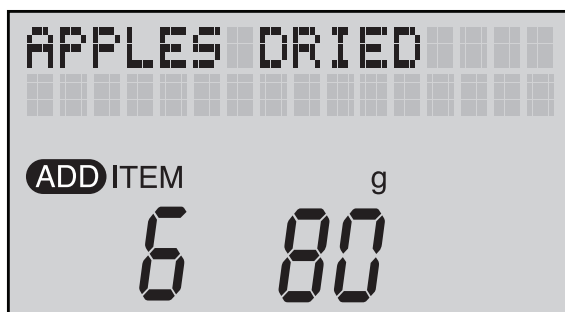
9. While you are in the *RECIPE BUILDER* mode, you can scroll through the foods that you have added to your recipe at any time. To view each individual item that you added to the recipe, press **ADD** and use the arrows to scroll up and down. Press **ADD** again to continue adding ingredients. To view the **PointsPlus** value of each item, press the **PointsPlus** button, and use the arrow keys to scroll through the list. Press **ADD** to continue adding ingredients.



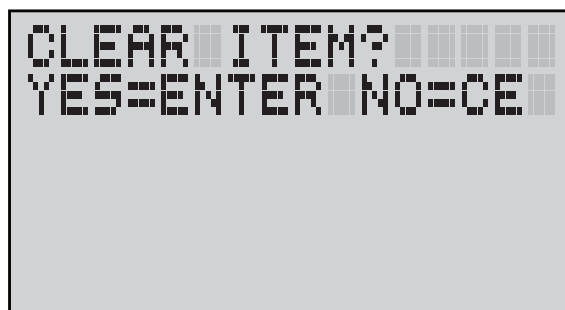
**NOTE:** While in *RECIPE BUILDER* mode, you can press **ADD** at any time to switch between viewing the individual items and the total for the recipe.

## Clearing a Food from Your Recipe

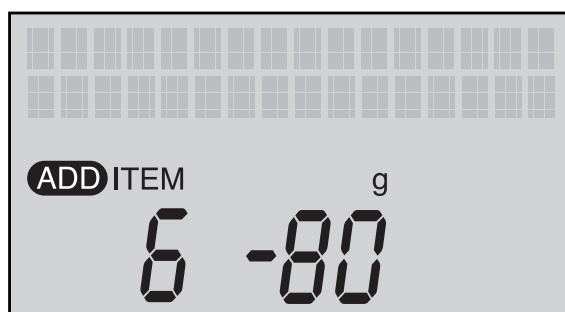
1. If you would like to delete a food from your recipe, use the arrows to get to the food you want to clear.



2. Press **CE** and the screen will display:



3. Press **ENTER** to confirm that you want to clear the food from your recipe. (Press **CE** if you want to continue with your recipe without clearing the item). The food will be deleted from the recipe. Since the *PointsPlus* value information of the deleted food is no longer included in the recipe, remember to remove the food from the bowl or dish.

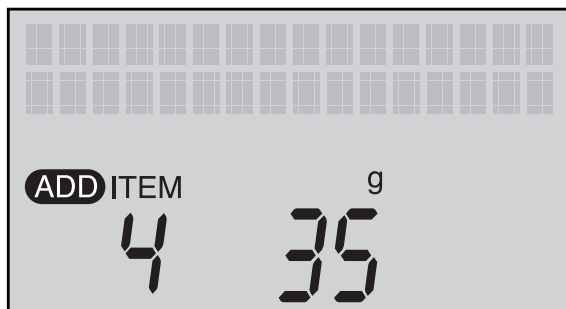


4. A minus sign will show after the item has been removed from the bowl or dish. The foods will automatically be renumbered in the recipe list. To continue adding more ingredients to your recipe, place food on scale and use the keypad to enter the food name.

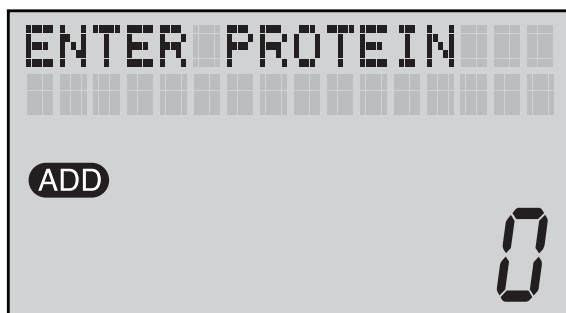
## Adding Foods to Your Recipe that are Not Included in the Scale

You will need to know the protein, carbohydrates, fat, fibre and serving size in grams. This will work best for packaged foods.

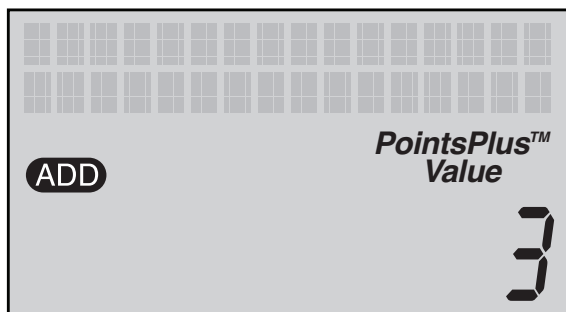
1. Place the item on the scale.



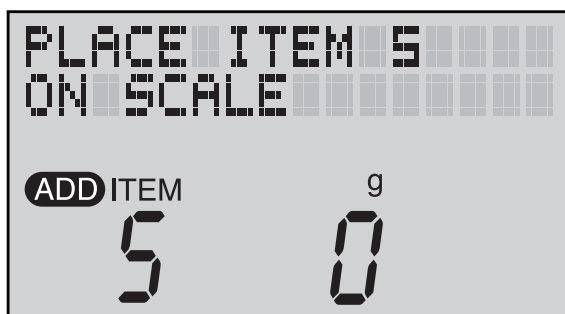
2. Instead of using the keypad to enter a food name (as you would with a food included in the database), press **INPUT**.



3. Follow the screen prompts to enter the protein, carbohydrates, fat, fibre, and serving size in grams (see **CALCULATING *PointsPlus*™ VALUES OF PACKAGED FOODS** on page 16). The ***PointsPlus*** value of the food will show on the screen.



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.



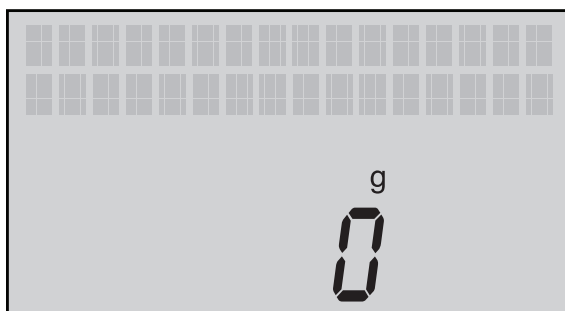
5. When your recipe is complete, press the **PointsPlus** button to view total **PointsPlus** value, and to adjust number of servings.

## Clearing the *RECIPE BUILDER* Memory

1. To clear the *RECIPE BUILDER* memory, press and hold the **CE** button for 5 seconds. You need to clear the *RECIPE BUILDER* memory to return to weighing and calculating **PointsPlus** values for single items.
2. The screen will display:



3. Press **ENTER** to confirm that you want to clear the recipe from memory. (Press **CE** if you want to continue in the *RECIPE BUILDER* mode.)
4. The scale will return to simple weighing mode. Press **ON/ZERO** to zero the weight.



# CALCULATING *PointsPlus*<sup>™</sup> VALUES OF PACKAGED FOODS

## To Calculate *PointsPlus* Values:

1. Press **INPUT**. Enter grams of protein per serving, and press **ENTER**.

A calculator screen with a two-line display. The top line shows the text "ENTER PROTEIN" followed by several empty boxes. The bottom line shows the number "5".

2. Enter grams of carbohydrates per serving, and press **ENTER**.

A calculator screen with a two-line display. The top line shows the text "ENTER CARBOHYDRATES" followed by several empty boxes. The bottom line shows the number "17".

3. Enter grams of fat per serving, and press **ENTER**.

A calculator screen with a two-line display. The top line shows the text "ENTER FAT" followed by several empty boxes. The bottom line shows the number "4".

4. Enter grams of fibre per serving, and press **ENTER**.

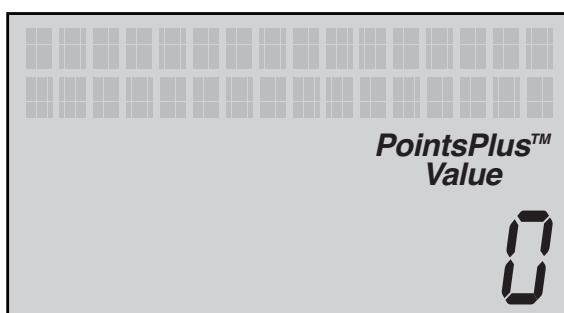
A calculator screen with a two-line display. The top line shows the text "ENTER FIBER" followed by several empty boxes. The bottom line shows the number "9".



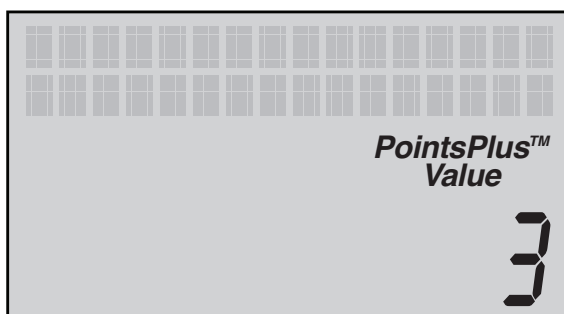
5. Enter serving size in grams, and press **ENTER**.



6. The **PointsPlus** value will display a zero until you place the food on the scale.

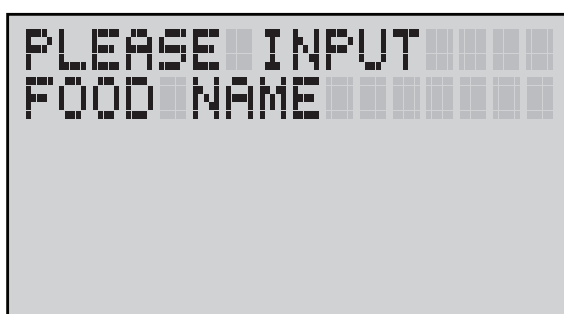


7. To find the **PointsPlus** value of that food, place the food on the scale.



## Saving Your Favourite Packaged Foods

1. You can save up to 10 of your favourite foods in memory. Complete steps 1 through 6 from the **CALCULATING PointsPlus VALUES OF PACKAGED FOODS** section starting on page 16. Press **INPUT**.



2. Use the keypad to input your food name and press **ENTER** to save.



## Getting the *PointsPlus*<sup>TM</sup> 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.



## Getting the *PointsPlus* Values for the Portions You Weigh

1. Place the food on scale to see the *PointsPlus* value for that portion.  
Press **CE** to return to the favourite food item.



## Deleting a Favourite Food from Memory

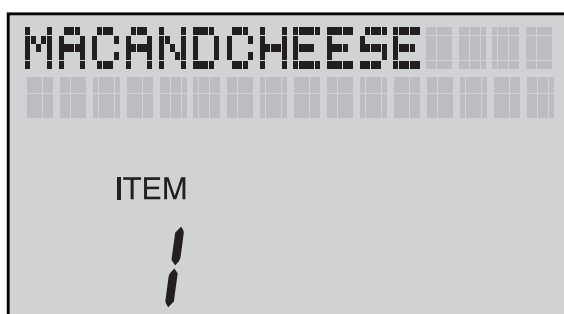
If there are already 10 favourite foods stored in memory, the scale will display “MEMORY FULL” when you try to enter another favourite food. You will need to delete an item to make room for your new entry. Press **RECALL**.



1. Use the arrow button to scroll down to enter DELETE mode.



2. Press **ENTER** to view the favourite foods saved in memory, and use the arrows to scroll to the food you would like to delete.



3. Press **ENTER** to delete the item. Press **ENTER** again to confirm deletion, or press **CE** to cancel the deletion.



## 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. Any time 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 WeightWatchers.com.

ALMONDS	BEANS, WHITE, COOKED
APPLE(S), DRIED	BEEF BRISKET, COOKED
APPLE(S), FRESH	BEEF CORNED, COOKED
APPLESAUCE, NO SUGAR	BEEF FILET MIGNON, COOKED
APRICOT(S), FRESH	BEEF FILET MIGNON, TRIMMED, COOKED
APRICOTS, DRIED	BEEF FLANK STEAK, COOKED
ARTICHOKES, HEARTS, CANNED, NO OIL	BEEF FLANK STEAK, LEAN, COOKED
ARTICHOKES, HEARTS, COOKED	BEEF GROUND, 80% LEAN/20% FAT, COOKED
ARTICHOKES, MARINATED	BEEF GROUND, 85% LEAN/15% FAT, COOKED
ASPARAGUS, COOKED	BEEF GROUND, 90% LEAN/10% FAT, COOKED
AVOCADO, RAW	BEEF GROUND, 95% LEAN/5% FAT, COOKED
BACON, CANADIAN-STYLE, COOKED	BEEF KC STRIP, TRIMMED, COOKED
BACON, COOKED	BEEF LIVER, COOKED
BANANA(S)	BEEF NY STEAK, TRIMMED, COOKED
BARLEY, COOKED	BEEF PORTERHOUSE, TRIMMED, COOKED
BEANS, BAKED, CANNED	BEEF RIB EYE, TRIMMED, COOKED
BEANS, BLACK, COOKED	BEEF SIRLOIN, TRIMMED, COOKED
BEANS, CANNELLINI, CANNED	BEEF STEAK, OTHER, COOKED
BEANS, GARBANZO, CANNED	BEEF STEAK, REGULAR, COOKED
BEANS, GREEN, COOKED	BEEF STRIP, SIRLOIN COOKED
BEANS, KIDNEY, COOKED	BEEF T-BONE, TRIMMED, COOKED
BEANS, LIMA, COOKED	BEEF TENDERLOIN, TRIMMED, COOKED
BEANS, NAVY, COOKED	BEETS, CANNED
BEANS, PINTO, COOKED	BLACKBERRIES
BEANS, REFRIED, CANNED	BLUEBERRIES, FRESH
BEANS, REFRIED, FAT FREE, CANNED	BOLOGNA, BEEF OR PORK
BEANS, SOY, COOKED	BREAD CRUMBS DRIED, PLAIN

BREAD CRUMBS DRIED, SEASONED  
 BREAD, ANY TYPE  
 BREAD, FOCACCIA, STORE-BOUGHT  
 BREAD, HIGH FIBER,  $\geq 3\text{G}$  PER SLICE  
 BREAD, REDUCED-CALORIE, ANY TYPE  
 BREAD, WHOLE WHEAT  
 BREADSTICKS, ANY TYPE  
 BROCCOLI, COOKED  
 BRUSSELS SPROUTS, COOKED  
 BULGUR, COOKED  
 BUTTER, WHIPPED  
 CABBAGE, ALL VARIETIES  
 CANTALOUPE  
 CARAWAY SEEDS  
 CARROTS, COOKED  
 CARROTS, RAW  
 CASHEWS  
 CAULIFLOWER, COOKED  
 CAULIFLOWER, RAW  
 CELERY, RAW  
 CEREAL, HOT, CREAM OF RICE  
 CEREAL, HOT, CREAM OF WHEAT  
 CEREAL, HOT, FARINA, COOKED  
 CEREAL, HOT, GRITS, CORN, COOKED  
 CEREAL, HOT, OATMEAL, COOKED  
 CEREAL, HOT, OATMEAL, FLAVORED  
 CEREAL, HOT, OATMEAL, INSTANT, PLAIN  
 CEREAL, READY-TO-EAT, ANY TYPE  
 CEREAL, READY-TO-EAT, FROSTED  
 CEREAL, READY-TO-EAT, GRANOLA  
 CEREAL, READY-TO-EAT, GRANOLA, LOW-FAT  
 CEREAL, READY-TO-EAT, NUGGETS  
 CEREAL, READY-TO-EAT, RAISIN BRAN  
 CEREAL, READY-TO-EAT, RICE, PUFFED  
 CEREAL, READY-TO-EAT, SHREDDED WHEAT  
 CHARD, SWISS COOKED  
 CHEESE, COTTAGE, FAT FREE

CHEESE, COTTAGE, LOW-FAT (1%)  
 CHEESE, COTTAGE, REDUCED-FAT (2%)  
 CHEESE, COTTAGE, REGULAR (4%)  
 CHEESE, CREAM, FAT FREE  
 CHEESE, CREAM, REGULAR  
 CHEESE, CREAM, SOY  
 CHEESE, CREAM, WHIPPED  
 CHEESE, FETA  
 CHEESE, HARD OR SEMISOFT, FAT FREE  
 CHEESE, HARD OR SEMISOFT, LOW-FAT  
 CHEESE, HARD OR SEMISOFT, REG.  
 CHEESE, JACK, SHREDDED, REDUCED-FAT  
 CHEESE, MEXICAN, SHREDDED, REDUCED-FAT  
 CHEESE, MOZZARELLA, SHREDDED,  
 REDUCED-FAT  
 CHEESE, NEUFCHATEL, REDUCED-FAT  
 CHEESE, PARMESAN  
 CHEESE, POT  
 CHEESE, RICOTTA, FAT FREE  
 CHEESE, RICOTTA, PART SKIM  
 CHEESE, RICOTTA, WHOLE MILK  
 CHERRIES, DRIED  
 CHERRIES, FRESH  
 CHICKEN BREAST, COOKED WITH SKIN &  
 BONE  
 CHICKEN BREAST, COOKED WITH SKIN,  
 NO BONE  
 CHICKEN BREAST, COOKED WITH NO SKIN,  
 WITH BONE  
 CHICKEN, CANNED  
 CHICKEN, DARK MEAT, COOKED  
 CHICKEN, DRUMSTICK, COOKED WITH SKIN,  
 NO BONE  
 CHICKEN, DRUMSTICK, COOKED  
 WITH NO SKIN OR BONE  
 CHICKEN, GROUND, 93% LEAN, COOKED  
 CHICKEN, LIGHT MEAT, COOKED

CHICKEN, LIVER, COOKED  
 CHICKEN, THIGH, COOKED WITH SKIN,  
 NO BONE  
 CHICKEN, THIGH, COOKED WITH  
 NO SKIN & BONE  
 CLEMENTINE  
 COLESLAW  
 CORN BREAD  
 CORN, BABY (EARS)  
 CORN, KERNELS, COOKED  
 CORN ON THE COB  
 CORNMEAL, COOKED  
 COUSCOUS, SEMOLINA, COOKED  
 CRANBERRIES, DRIED  
 CRANBERRIES, FRESH  
 CRANBERRY SAUCE, CANNED  
 CREAM, SOUR, FAT FREE  
 CREAM, SOUR, LIGHT  
 CREAM, SOUR, REGULAR  
 CREAM, WHIPPED, NO SUGAR, HOMEMADE  
 CREAM, WHIPPED, AEROSOL  
 CREAM, WHIPPED, FROZEN  
 CREAMER, NONDAIRY, POWDER  
 CROUTONS, PACKAGED, FAT FREE  
 CROUTONS, PACKAGED, REGULAR  
 CUCUMBER  
 CURRANTS, DRIED  
 CURRANTS, FRESH  
 DATES, DRIED  
 DATES, FRESH  
 DUCK, DOMESTIC, COOKED WITH SKIN  
 DUCK, DOMESTIC, COOKED, NO SKIN  
 EDAMAME, IN PODS  
 EDAMAME, SHELLLED  
 EGG SUBSTITUTE, FAT FREE  
 EGG SUBSTITUTE, REGULAR  
 EGG WHITES

EGG(S)  
 EGGPLANT, COOKED  
 ENDIVE  
 ESCAROLE  
 FALAFEL, PATTIES  
 FISH, ANCHOVY, CANNED IN OIL, DRAINED  
 FISH, BASS STRIPED, COOKED  
 FISH, CATFISH COOKED  
 FISH, COD COOKED  
 FISH, GEFILTE  
 FISH, HALIBUT COOKED  
 FISH, HERRING COOKED  
 FISH, HERRING IN CREAM SAUCE,  
 STORE-BOUGHT  
 FISH, LOX  
 FISH, SALMON, PINK, CANNED, DRAINED  
 FISH, SALMON, COOKED  
 FISH, SARDINES, CANNED IN OIL, DRAINED  
 FISH, SEA BASS, COOKED  
 FISH, SNAPPER, COOKED  
 FISH, SOLE, COOKED  
 FISH, SWORDFISH, COOKED  
 FISH, TILAPIA, COOKED  
 FISH, TROUT, COOKED  
 FISH, TUNA, CANNED IN OIL, DRAINED  
 FISH, TUNA, IN WATER, DRAINED  
 FISH, TUNA, COOKED  
 FLOUR, WHOLE WHEAT  
 FLOUR, WHITE  
 FRANKFURTER, BEEF OR PORK, FAT FREE  
 FRANKFURTER, BEEF OR PORK, LIGHT  
 FRANKFURTER, BEEF OR PORK, REGULAR  
 FRANKFURTER, CHICKEN  
 FRANKFURTER, TURKEY  
 FRANKFURTER, TURKEY, FAT FREE  
 FRANKFURTER, TURKEY, LIGHT  
 FRENCH FRIES, FROZEN

FRUIT BUTTER  
 FRUIT, DRIED, MIXED  
 FRUIT SALAD, CANNED IN WATER  
 FUDGE  
 GELATIN, FRUIT-FLAVORED  
 GELATIN, SUGAR FREE, FLAVORED  
 GIARDENIERA, NO OLIVES  
 GRAPEFRUIT  
 GRAPES  
 GREENS, COLLARD, COOKED  
 GREENS, KALE, COOKED  
 GREENS, MUSTARD, COOKED  
 GREENS, TURNIP, COOKED  
 GUACAMOLE  
 HAM, COOKED, LEAN  
 HAM, COOKED, REGULAR  
 HEARTS OF PALM  
 HONEY  
 HONEYDEW MELON  
 HUMMUS  
 ICE CREAM, FAT FREE WITH SUGAR  
 ICE CREAM, FAT FREE, NO SUGAR  
 ICE CREAM, LIGHT WITH SUGAR  
 ICE CREAM, LIGHT, WITHOUT SUGAR  
 ICE CREAM, PREMIUM  
 ICE CREAM, REGULAR  
 JAM  
 JELLY  
 JERUSALEM ARTICHOKES  
 JICAMA, RAW  
 KASHA (BUCKWHEAT GROATS), COOKED  
 KETCHUP  
 KIWIFRUIT  
 KNISH, POTATO, STORE-BOUGHT  
 KNOCKWURST  
 LAMB, LEG, COOKED  
 LAMB, LEG, COOKED, TRIMMED

LAMB, LOIN, COOKED  
 LAMB, LOIN, COOKED, TRIMMED  
 LAMB, REGULAR, COOKED  
 LAMB, SHOULDER, COOKED  
 LEEKS, COOKED  
 LENTILS, COOKED  
 LETTUCE, ANY TYPE  
 LIVER PATE  
 MAC & CHEESE, MIX, PREPARED  
 MACARONI SALAD  
 MACARONI, COOKED  
 MACARONI, WHOLE WHEAT, COOKED  
 MANDARIN ORANGES  
 MANGO  
 MARGARINE, FAT FREE  
 MARGARINE, REDUCED-CALORIE  
 MATZO  
 MATZO BRIE  
 MAYONNAISE, FAT FREE  
 MAYONNAISE, REDUCED-CALORIE  
 MAYONNAISE, REGULAR  
 MELBA TOAST  
 MILK CHOCOLATE CHIPS  
 MOLASSES  
 MUFFIN, ANY TYPE  
 MUFFIN, ANY TYPE, STORE-BOUGHT  
 MUFFIN, ENGLISH, ANY TYPE  
 MUFFIN, FAT FREE, STORE-BOUGHT  
 MUSHROOMS, CANNED  
 MUSHROOMS, COOKED  
 MUSHROOMS, DRIED  
 MUSHROOMS, FRESH  
 NECTARINE  
 NOODLES, CELLOPHANE, COOKED  
 NOODLES, EGG, COOKED  
 NOODLES, JAPANESE, SOBA, COOKED  
 NOODLES, RICE, COOKED

NUTS, BRAZIL  
 NUTS, HAZELNUTS  
 NUTS, MACADAMIA, SHELLED  
 NUTS, MIXED, SHELLED  
 NUTS, PECANS  
 NUTS, PIGNOLIAS (PINE NUTS)  
 NUTS, PISTACHIOS, SHELLED  
 OAT BRAN, COOKED  
 OATS, ROLLED  
 OLIVES  
 ONION(S), UNCOOKED  
 ONIONS, FROZEN, CHOPPED, COOKED  
 ONIONS, FLAKES  
 ORANGE(S)  
 ORANGE, SECTIONS  
 PAPAYA, FRESH  
 PARSNIPS, COOKED  
 PASTA, COOKED  
 PASTA, WHOLE WHEAT, COOKED  
 PASTRAMI, BEEF  
 PASTRAMI, MADE FROM TURKEY  
 PEACH  
 PEACHES, CANNED, UNSWEETENED  
 PEANUT BUTTER  
 PEANUTS  
 PEANUTS, CHOCOLATE-COVERED  
 PEAR(S)  
 PEARS, CANNED WITHOUT SUGAR  
 PEAS, BLACK-EYED, COOKED  
 PEAS, GARBANZO, CHICK COOKED  
 PEAS, GREEN COOKED  
 PEAS, SNOW  
 PEAS, SUGAR SNAP  
 PEPPER, GREEN  
 PEPPERONI  
 PEPPERS, RED ROASTED  
 PERSIMMON

PHYLLO DOUGH  
 PICKLES, SWEET  
 PICKLES, WITHOUT SUGAR (DILL)  
 PICO DE GALLO  
 PIE CRUST, ANY TYPE  
 PIE FILLING, CANNED, FRUIT  
 PIE FILLING, FRUIT-FLAVORED, LIGHT,  
 CANNED  
 PIMIENTOS, CANNED  
 PINEAPPLE, CANNED, IN JUICE  
 PINEAPPLE, CANNED, WITHOUT SUGAR  
 PINEAPPLE, FRESH  
 PITA, WHITE  
 PLANTAIN, BAKED OR BOILED  
 PLUM(S)  
 POLENTA, DRY  
 POMEGRANATES  
 POPCORN, BUTTER FLAVORED, POPPED  
 POPCORN, LIGHT, BUTTER, POPPED  
 POPCORN, LIGHT, MICROWAVE POPPED  
 POPCORN, PLAIN, MICROWAVE POPPED  
 POPCORN, 94% FAT FREE, MICROWAVE  
 POPPED  
 PORK, CENTER LOIN, LEAN, COOKED  
 PORK, LEG, TRIMMED, COOKED  
 PORK, LOIN, TRIMMED, COOKED  
 PORK, SHOULDER, LEAN, COOKED  
 PORK, SIRLOIN, COOKED  
 PORK, SIRLOIN, LEAN, COOKED  
 PORK, TENDERLOIN, LEAN, COOKED  
 PORK, TOP LOIN, LEAN, COOKED  
 POTATO FLAKES, DRY  
 POTATO SALAD  
 POTATO, SWEET, COOKED  
 POTATO, WHITE OR RED, COOKED  
 PRESERVES  
 PRETZEL RODS



PRETZEL TWISTS  
PRETZELS, SOFT  
PRUNES  
PUDDING, READY-MADE, REDUCED-CALORIE  
PUDDING, RICE  
PUDDING, VANILLA MIX WITH WHOLE MILK  
PUMPKIN SEEDS  
PUMPKIN, CANNED  
RADISHES  
RAISINS  
RAISINS, CHOCOLATE-COVERED  
RAISINS, YOGURT-COVERED  
RASPBERRIES  
RICE, BROWN, COOKED  
RICE, WHITE, COOKED  
RICE, WHITE, LONG GRAIN, INSTANT, COOKED  
SALAD, EGG  
SALAD, MACARONI, STORE-BOUGHT  
SALAD, SALMON, STORE-BOUGHT  
SALAD, SEAFOOD, STORE-BOUGHT  
SALAD, THREE-BEAN  
SALAD, THREE-BEAN, CANNED, NO OIL  
SALSA, BLACK BEAN & CORN  
SALSA, FAT FREE  
SAUCE, BARBECUE  
SAUCE, BECHAMEL (WHITE)  
SAUCE, BROWN, CHINESE  
SAUCE, CHEESE, READY-TO-SERVE  
SAUCE, CHEESE, STORE-BOUGHT  
SAUCE, COCKTAIL, STORE-BOUGHT  
SAUCE, HOISIN  
SAUCE, HORSERADISH  
SAUCE, MOLE, STORE-BOUGHT, BROWN  
SAUCE, PEPPER OR HOT  
SAUCE, PLUM  
SAUCE SLOPPY JOE, STORE-BOUGHT  
SAUCE, STEAK  
SAUCE, TACO  
SAUCE, TAHINI  
SAUCE, TAMARI  
SAUCE, TARTAR  
SAUCE, TARTAR, FAT FREE  
SAUCE, TERIYAKI  
SAUCE, WORCESTERSHIRE  
SAUERBRATEN  
SAUERKRAUT  
SAUSAGE, BEEF OR PORK, COOKED  
SAUSAGE, CHICKEN, COOKED  
SAUSAGE, CHORIZO  
SAUSAGE, ITALIAN, PORK, COOKED  
SCALLIONS  
SESAME SEEDS  
SHALLOTS, RAW  
SHELLFISH, CLAM, CANNED  
SHELLFISH, CLAM, COOKED  
SHELLFISH, CONCH, CRACKED  
SHELLFISH, CRAB, IMITATION  
SHELLFISH, CRAB MEAT, CANNED  
SHELLFISH, CRAB MEAT, COOKED  
SHELLFISH, CRAYFISH, COOKED  
SHELLFISH, LOBSTER, COOKED  
SHELLFISH, MUSSEL, COOKED  
SHELLFISH, OYSTER, CANNED  
SHELLFISH, OYSTER, COOKED  
SHELLFISH, SCALLOPS, COOKED  
SHELLFISH, SCALLOPS, FRIED, FROZEN  
SHELLFISH, SHRIMP, CANNED  
SHELLFISH, SHRIMP, COOKED  
SHERBET  
SHORTENING  
SHRIMP SALAD  
SHUMAI, FRIED  
SHUMAI, STEAMED  
SORBET, ANY FLAVOR

SOY BURGER  
 SOY CHEESE, FAT FREE  
 SOY CHEESE, REGULAR  
 SOY YOGURT, FLAVORED  
 SOY YOGURT, PLAIN  
 SOYBEAN NUTS  
 SPAGHETTI SAUCE, JAR ANY TYPE  
 SPAGHETTI SAUCE, JAR LOW-FAT  
 SPAGHETTI, COOKED  
 SPAGHETTI, WHOLE WHEAT, COOKED  
 SPINACH, COOKED  
 SPINACH, UNCOOKED  
 SPROUTS, ALFALFA  
 SPROUTS, BEAN  
 SQUASH, SPAGHETTI, COOKED  
 SQUASH, SUMMER, COOKED  
 SQUASH, BUTTERNUT, COOKED  
 SQUID, COOKED  
 STRAWBERRIES, FRESH  
 STUFFING, BREAD, FROM MIX PREPARED  
 SUGAR, BROWN  
 SUGAR, POWDERED  
 SUGAR, WHITE  
 SUNFLOWER SEEDS  
 TABOULI  
 TANGERINE  
 TOFU, FIRM, REGULAR  
 TOFU, LITE, FIRM  
 TOFU, LOW-FAT  
 TOFU, SOFT, REGULAR  
 TOMATO PASTE, CANNED  
 TOMATO PUREE, CANNED  
 TOMATO SAUCE, CANNED  
 TOMATO SAUCE, ITALIAN  
 TOMATOES, CANNED  
 TOMATOES, CANNED, STEWED  
 TOMATOES, DRIED, NOT IN OIL

TOMATOES, FRESH  
 TORTILLA, CORN  
 TORTILLA, FLOUR  
 TORTILLA, FLOUR, FAT FREE  
 TORTILLA, WHOLE WHEAT  
 TUNA SALAD, STORE-BOUGHT  
 TURKEY BREAST, COOKED WITH SKIN  
 TURKEY, DARK MEAT, NO SKIN  
 TURKEY, LIGHT MEAT, NO SKIN  
 TURKEY, GROUND REGULAR, COOKED  
 TURKEY, LEG COOKED WITH SKIN  
 TURKEY, ROASTED, LIGHT & DARK MEAT  
 TURNIPS, COOKED  
 VEAL, BREAST, TRIMMED, COOKED  
 VEAL, GROUND, COOKED  
 VEAL, LOIN, TRIMMED, COOKED  
 VEAL, SHOULDER, TRIMMED, COOKED  
 VEAL, SIRLOIN, COOKED  
 VEAL, SIRLOIN, TRIMMED, COOKED  
 VEGETABLES, STIR FRY, NO SAUCE  
 VEGETARIAN BREAKFAST LINK  
 VEGETARIAN BREAKFAST PATTY  
 VEGETARIAN BREAKFAST STRIPS  
 VEGGIE BURGER, FAT FREE, FROZEN  
 VEGGIE BURGER, FROZEN  
 WALNUTS  
 WATER CHESTNUTS, CANNED  
 WATERMELON  
 WHEAT GERM  
 YAM, COOKED  
 YOGURT, FAT FREE, FLAVORED WITH SUGAR  
 YOGURT, FAT FREE, FRUIT-FLAVORED,  
 WITH SUGAR  
 YOGURT, FAT FREE, PLAIN  
 YOGURT, FROZEN, FAT FREE, NO SUGAR  
 YOGURT, FROZEN, FAT FREE, WITH SUGAR  
 YOGURT, FROZEN, LOW-FAT

YOGURT, LIGHT, ARTIFICIALLY SWEETENED

YOGURT, LOW-FAT, PLAIN

YOGURT, LOW-FAT WITH SUGAR,  
FLAVORED

YOGURT, LOW-FAT, WITH SUGAR,  
FRUIT-FLAVORED

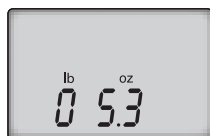
YOGURT, PLAIN, WHOLE MILK

ZUCCHINI, COOKED



Weighing your favourite foods and getting their **PointsPlus™** values couldn't be easier!

#### WEIGHING YOUR FOOD

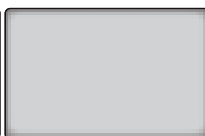


Place food on the scale to obtain its weight.

#### GETTING **PointsPlus** VALUES



1. Using keypad, enter the first few letters of the food item. Press **ENTER**.



2. Using arrows, scroll through database until you reach your specific food item.



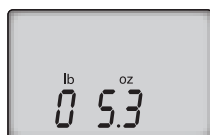
3. Place your food on the scale.



4. Press the **PointsPlus** key to display the food item's **PointsPlus** value.

Peser vos aliments préférés et obtenir leur valeur **PointsPlus™** ne pourrait être plus facile!

#### POUR PESER VOS ALIMENTS

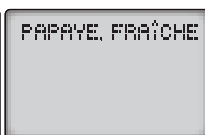


Mettez l'aliment sur la balance pour obtenir son poids.

#### POUR OBTENIR LES VALEURS **PointsPlus**



1. Sur le clavier, entrez les premières lettres de l'aliment. Appuyez sur la touche **ENTER**.



2. Avec les flèches, parcourez la base de données, jusqu'à ce que vous trouviez l'aliment spécifique recherché.



3. Placez votre aliment sur la balance.



4. Appuyez sur la touche **PointsPlus** pour afficher la valeur **PointsPlus** de l'aliment.

¡Pesar los alimentos preferidos y calcular sus valores en **PuntosPlus™** no podía ser más fácil!

#### PESANDO LOS ALIMENTOS



Coloque el alimento directamente sobre la base de la báscula para obtener su peso.

#### OBTENIENDO EL VALOR EN **PuntosPlus** DE UN ALIMENTO



1. Use las teclas alfabéticas para ingresar las primeras letras del alimento. Oprima **ENTER**.



2. Use las flechas para desplazarse por la base de datos hasta encontrar el alimento específico.



3. Coloque el alimento en la báscula.



4. Oprima el botón **PointsPlus** para mostrar el valor en **PuntosPlus** del alimento.

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