

Food Scale Quick Start Guide

Congratulations on purchasing your WW Food Scale! This tool takes the guesswork out of calculating SmartPoints® values for your portions and can help you be successful with the WW 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 the 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/ZERO** and you are ready to go!



Set Language and Plan

- Press and hold the **SETTINGS** key for 3 seconds to set the language. Then use the **UP/DOWN** keys to view English, French (Français) or Spanish (Español). Press **Enter** to confirm.
- Press **SETTINGS** to toggle the plans. **Plan 1 (Green)**, **Plan 2 (Blue)**, **Plan 3 (Purple)** will be displayed in the top left corner.



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.)

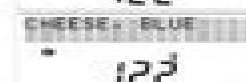
- If you have the food in a bowl or on a plate, start by placing the empty bowl or plate on the platform and press **ON/ZERO** to subtract the weight of that bowl or plate.
- THEN**, place food in the bowl or plate to get the weight of the food.



Getting the SmartPoints value of a food found in the food database

To calculate the SmartPoints value of a food after getting its weight (see above), use the keypad to start entering the food name. Press **ENTER**. Next, use the **UP/DOWN** keys to scroll through the food list until you find your food. When you get to the food name you want, press the **SmartPoints** button to see its SmartPoints value.

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



Calculating the SmartPoints 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): Calories, Saturated Fat, Sugars, and Protein.

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



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 steps above. When the SmartPoints 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 detailed guide for complete details on your scale's features, including using **RECIPE BUILDER** to calculate the SmartPoints value for a recipe, adding/clearing foods from your recipe, and also the Food List featured in your scale.



For full product information and details on how to use your Food Scale, visit ww.com.

Questions? Comments? Compliments? We want to hear from you! Get in touch: customerservice@ww.com 1-800-767-7501

You might notice discrepancies with the SmartPoints values of foods you calculate using the nutrition label and the database versus the SmartPoints values listed for food packaged in the Food or plan guides. That's because the SmartPoints values of foods in our database are based on SmartPoints ingredients from our algorithm to reflect those ingredients. If this happens, use the SmartPoints value listed in the 1 column on our website, or in our app. WW Logo and SmartPoints are the trademarks of WW International, Inc. The SmartPoints Weight Loss System and its associated proprietary to WW International, Inc. U.S. Patent pending. ©2010 WW International, Inc. All rights reserved.



Quick Start Guide Weight Watchers

SA Adler



Quick Start Guide Weight Watchers:

Quick Start Guide Weight Watchers Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has become much more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Quick Start Guide Weight Watchers**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall affect readers.

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Table of Contents Quick Start Guide Weight Watchers

1. Understanding the eBook Quick Start Guide Weight Watchers
 - The Rise of Digital Reading Quick Start Guide Weight Watchers
 - Advantages of eBooks Over Traditional Books
2. Identifying Quick Start Guide Weight Watchers
 - 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 Quick Start Guide Weight Watchers
 - User-Friendly Interface
4. Exploring eBook Recommendations from Quick Start Guide Weight Watchers
 - Personalized Recommendations
 - Quick Start Guide Weight Watchers User Reviews and Ratings
 - Quick Start Guide Weight Watchers and Bestseller Lists

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