

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!

TO SET LANGUAGE: Press and hold **ON/ZERO** button for 3 seconds. Press the **SCROLL DOWN** button to view French (Français) or Spanish (Español). Then, press the **ENTER** button to confirm language and return to the weighing screen.



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.



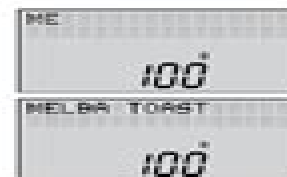
2

GETTING THE **PointsPlus** VALUE OF A FOOD 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.

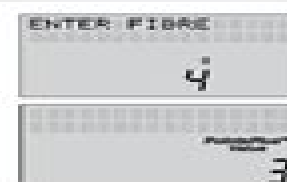


3

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): fat, carbohydrates, fibre 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).

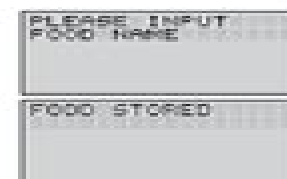


4

SAVING YOUR FAVOURITE PACKAGED FOODS TO YOUR SCALE

You can also save up to 10 of your favourite 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 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!

Weight Watchers Food Scale Instruction Manual

Xiang Xie



Weight Watchers Food Scale Instruction Manual:

Cognition in Practice Jean Lave, 1988-07-29 Most previous research on human cognition has focused on problem solving and has confined its investigations to the laboratory As a result it has been difficult to account for complex mental processes and their place in culture and history In this startling indeed disconfirming study Jean Lave moves the analysis of one particular form of cognitive activity arithmetic problem solving out of the laboratory into the domain of everyday life In so doing she shows how mathematics in the real world like all thinking is shaped by the dynamic encounter between the culturally endowed mind and its total context a subtle interaction that shapes 1 Both the human subject and the world within which it acts The study is focused on mundane daily activities such as grocery shopping for best buys in the supermarket dieting and so on Innovative in its method fascinating in its findings the research is above all significant in its theoretical contributions Have offers a cogent critique of conventional cognitive theory turning for an alternative to recent social theory and weaving a compelling synthesis from elements of culture theory theories of practice and Marxist discourse The result is a new way of understanding human thought processes a vision of cognition as the dialectic between persons acting and the settings in which their activity is constituted The book will appeal to anthropologists for its novel theory of the relation of cognition to culture and context to cognitive scientists and educational theorists and to the plain folks who form its subject and who will recognize themselves in it a rare accomplishment in the modern social sciences Catalogue Montgomery Ward, 1960 **Moody's Industrial Manual** , 1996 Covering New York American regional stock exchanges international companies **Montgomery Ward [catalog]** Montgomery Ward, 1960 **College & University Food Service Manual** Paul Fairbrook, 1979 Abstract The successful college food service director has enthusiasm empathy dedication ethics quality consciousness an outgoing personality leadership ability food service knowledge business knowledge close association with other food service professionals and awareness of and dedication to good nutrition A new food service director chronologically prioritizes steps to take to reorganize his operation The manual presents reorganization steps chronologically to include 1 developing a master plan 2 setting up a food purchasing system 3 establishing budgets and control 4 building a staff 5 maintaining food quality and 6 dealing with residence halls cash operations vending sanitation safety catering special events and public relations Appendixes and exhibits provide illustrative helpful suggestions A food service director's job can be creative imaginative challenging interesting and rewarding for the director who is on top of things *Special Physical Education* Hollis F. Fait, John M. Dunn, 1984 Special Physical Education John M. Dunn, Hollis F. Fait, 1989 Whitaker's Book List , 1989 **Health Science Books, 1876-1982** , 1982 Oregon Agri-record , 1965 Journal of the American Dietetic Association , 1980 **Field & Stream** , 1975-07 FIELD STREAM America's largest outdoor sports magazine celebrates the outdoor experience with great stories compelling photography and sound advice while honoring the traditions hunters and fishermen have passed down for generations *Medical and Health Care Books and Serials in Print* , 1986

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Table of Contents Weight Watchers Food Scale Instruction Manual

1. Understanding the eBook Weight Watchers Food Scale Instruction Manual
 - The Rise of Digital Reading Weight Watchers Food Scale Instruction Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Weight Watchers Food Scale Instruction Manual
 - 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 Weight Watchers Food Scale Instruction Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Weight Watchers Food Scale Instruction Manual
 - Personalized Recommendations
 - Weight Watchers Food Scale Instruction Manual User Reviews and Ratings
 - Weight Watchers Food Scale Instruction Manual and Bestseller Lists
5. Accessing Weight Watchers Food Scale Instruction Manual Free and Paid eBooks
 - Weight Watchers Food Scale Instruction Manual Public Domain eBooks
 - Weight Watchers Food Scale Instruction Manual eBook Subscription Services
 - Weight Watchers Food Scale Instruction Manual Budget-Friendly Options

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