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 and Protein (g). If fiber information is not
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 the total Weight Watchers Points Plus val-
 ues for that food item. Use the reset but-
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Points Plus Calculator - Weight Watchers Online Tool

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SmartPoints™ Calculator User Guide - Weight Watchers

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To track the PointsPlus value that you have calculated: Every time you calculate a PointsPlus value for a new food, the word USE? will appear on your screen. (See page 4 for calculating PointsPlus values.) Press ENTER to tell your calculator to subtract this PointsPlus value from your daily PointsPlus Target or press C/CE to exit.

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Total Fat (g), Carbohydrates (g), Fiber (g) and Protein (g). If fiber information is not available, use zero. Input the required nutritional information in the calculator above. Then click "calculate" to find out the total Weight Watchers Points Plus values for that food item. Use the reset button to clear all fields.

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Weight Watchers Points Plus Calculator The Weight Watchers PointsPlus program is essentially an overhaul of the old Weight Watchers Points system . While it had been successfully working for many dieters over the last thirteen years, breakthroughs in understanding of the weight loss process , and nutritional content have seen a huge increase in healthy eating and lifestyle change, to accompany ...

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