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## START BROWSING BY:

**PointsPlus® Guide**[The \*\*PointsPlus\*\* Program](#)[Get to Know \*\*PointsPlus\*\* values](#)[Make Smarter Food Choices](#)[+ more](#)**Using This Site**[Site Intro](#)[Plan Manager](#)[Site Features](#)**More Resources**[Staying Motivated](#)[Overcoming Obstacles](#)[Troubleshooting Guide](#)[+ more](#)**FAQs**[PointsPlus Program](#)[Activity](#)**Science Center**[The Science of Weight Loss](#)[Research Library](#)[Browse Topics](#)[+ more](#)Get to know **PointsPlus**® valuesYou have a daily **PointsPlus** Target

Every food has a **PointsPlus** value, and your daily **PointsPlus** Target represents the number of **PointsPlus** values you should stick to every day in order to lose weight safely. This daily Target is calculated using a scientific formula, and is customized for you.

Each day, you can eat any combination of foods you'd like, while staying within your daily **PointsPlus** Target. And the Good Health Guidelines can serve as a framework for making choices, as well as providing nutrition while you lose weight.

We recommend using up your daily **PointsPlus** Target every day, so you stay satisfied and stick with the plan.

Each food has a **PointsPlus** value

**PointsPlus** values are derived from our formula, which we developed based on the latest nutritional science. They take into account the way your body processes the major nutrients:

fat  
carbohydrates  
protein  
fiber

For every food you eat, those nutrients' impact is considered in one easy-to-work-with number. You'll learn over time that certain nutrients make foods higher or lower in **PointsPlus** values, but the program gives you ways to fit them all in.

How do you figure out **PointsPlus** values?

You can find the PointsPlus values of any food by using the Plan Manager.

Search for the food in the [PointsPlus Tracker](#) or [enter label info](#) into the **PointsPlus** Calculator.

Build your own recipe in the [Recipe Builder](#).

When you're on the go, use our [iPhone App](#) or a hand-held Weight Watchers **PointsPlus** Calculator.

Your [home page](#) will always have ideas and suggestions to make using **PointsPlus** values easy for you, no matter what your tastes.

Use the **PointsPlus** system to make smarter