

 [Main Menu](#)

- Weight Loss Home
- Weight Loss Tips
- Diet Tips
- Healthy Diet
- eBooks

## Diet Reviews

- ▣ South Beach Diet
- ▣ Atkins Diet
- ▣ Mediterranean Diet
- ▣ The Zone Diet
- ▣ Low Carb Diet
- ▣ Cabbage Soup Diet
- ▣ Diabetic Diet
- ▣ Negative Calorie Diet
- ▣ More Reviews..

## Diet Info

- ❑ Diet Programs
- ❑ Diet Products
- ❑ Diet Plans
- ❑ Diet Pills
- ❑ Diet Patch

## Weight Loss Info

- Weight Loss Programs
- Weight Loss Products
- Weight Loss Pills
- Weight Loss Diet
- Quick Weight Loss Diet
- Fast Weight Loss Diet
- Rapid Weight Loss Diet
- Natural Weight Loss Diet

## Resources

- ▣ Articles
- ▣ Healthy Recipes Diet
- ▣ Weight Loss Exercises
- ▣ Weight Loss Directory

## The Weight Watchers Approach: It's All in the Points

**Weight Watchers** has been part of the American vocabulary for decades. The organization has become synonymous with weight loss. All across America, people are planning their daily menus according to *Weight Watchers* innovative point system, which assigns a certain number of points to different foods based on calories, fiber, fat, and serving size.

## Advantages of Weight Watchers

There are a number of advantages to the Weight Watchers program.

- For instance, Weight watchers point system is easy to followâ€”much easier than counting calories. Also, the weight watchers program represents a holistic approach, which includes not only sound nutrition, but also a sensible exercise program.
- In addition, dieters get a chance to meet with other dieters, who can form a network of support. On the Weight Watchers plan, few people complain of feeling tired or hungry. A number of nutritionists heartily endorse the Weight Watchers program because of its balanced approach.
- Interestingly enough, no food is banned under the Weight Watchers program; however, if you want to indulge in a piece of banana cream pie, you might not have many points left for the rest of your day.
- Another advantage to the Weight Watchers program is that you can find the point values of a number of fast foods online. This means that you are not choosing your food in the darkâ€”you have some idea what these foods can do to your waistline.
- Any weight loss program that improves your knowledge of nutrition should be considered beneficial. Yet another advantage to the Weight Watchers program is that you can buy Weight Watchers food at your local supermarket. This aspect makes the program especially convenient.

## Critics about Weight Watchers

Certainly, some people have lost an appreciable amount of weight using the Weight Watchers program. However, the vast majority of people only lose about six pounds—a hardly enough for an individual who is considered to be obese.

It's a fact that you won't see advertised in Weight Watchers literature. In fact, only 5 percent of dieters are able to maintain their weight loss over five years using the Weight Watchers system.

Other individuals find the Weight Watchers program too expensive to use. In addition to the registration fee, there is an additional weekly fee you must pay.

Also, some individuals find little comfort in the weekly meetings—they feel that the other dieters often seem to be more competitive than supportive.

The point system can also cause dieters to become preoccupied with food, hurting their relationships with other people. Once you leave the Weight Watchers program, you might find it extremely difficult to maintain your weight loss.

Also, if you don't succeed in losing weight in the first few weeks, you may become frustrated and quit the Weight watchers program altogether.

## Applebee's now offers Weight Watchers entrees

Interestingly enough, Weight Watchers has won an endorsement from an unexpected source—the restaurant chain known as Applebee’s. Applebee’s now offers Weight Watchers entrees on its menus.

These dishes include a tortilla chicken melt (10 points), onion soup au gratin (three points), and chocolate raspberry layer cake (four points), among other entrees.

Choosing a weight loss program is an extremely personal decision, one that should not be taken lightly. You will have to weigh the benefits and drawbacks of the Weight Watchers program in order to decide whether it's the right plan for you.

However, if you do select Weight Watchers, be sure to remain committed to it for at least six months in an effort to maximize your weight loss.

[Back to top](#)

### Top 5 Best Sellers

- » Burn the Fat, Feed the Muscle
- » FatLoss4Idiots
- » Sun Slim Diet
- » Negative Calorie Diet
- » Ultimate Weight Loss Revealed

## Top Diet Programs

- » eDiets.com
- » Weight Watchers
- » The South Beach Diet
- » Mediterranean Diet
- » Diet.com
- » Nutri System