

Limited Warranty

Weight Watchers will repair or replace, at our option your electronic food scale free of charge for 12 months from the date of purchase if the electronic food scale is defective in workmanship or materials.

For inquiries, or to obtain service under this warranty, call the toll-free number 1-877-389-3970.

ANY IMPLIED WARRANTIES, OBLIGATIONS, OR LIABILITIES INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTY OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, SHALL BE LIMITED IN DURATION TO THE 12 MONTH DURATION OF THIS WARRANTY. Some states do not allow limitations on how long an implied warranty lasts, so the above limitations may not apply to you.

IN NO EVENT SHALL WEIGHT WATCHERS BE LIABLE FOR ANY SPECIAL, INCIDENTAL, OR CONSEQUENTIAL DAMAGES FOR BREACH OF THIS OR ANY OTHER WARRANTY, EXPRESS OR IMPLIED, WHATSOEVER. Some states do not allow the exclusion or limitation of special, incidental, or consequential damages, so the above limitation may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

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ICP# 30003v.01

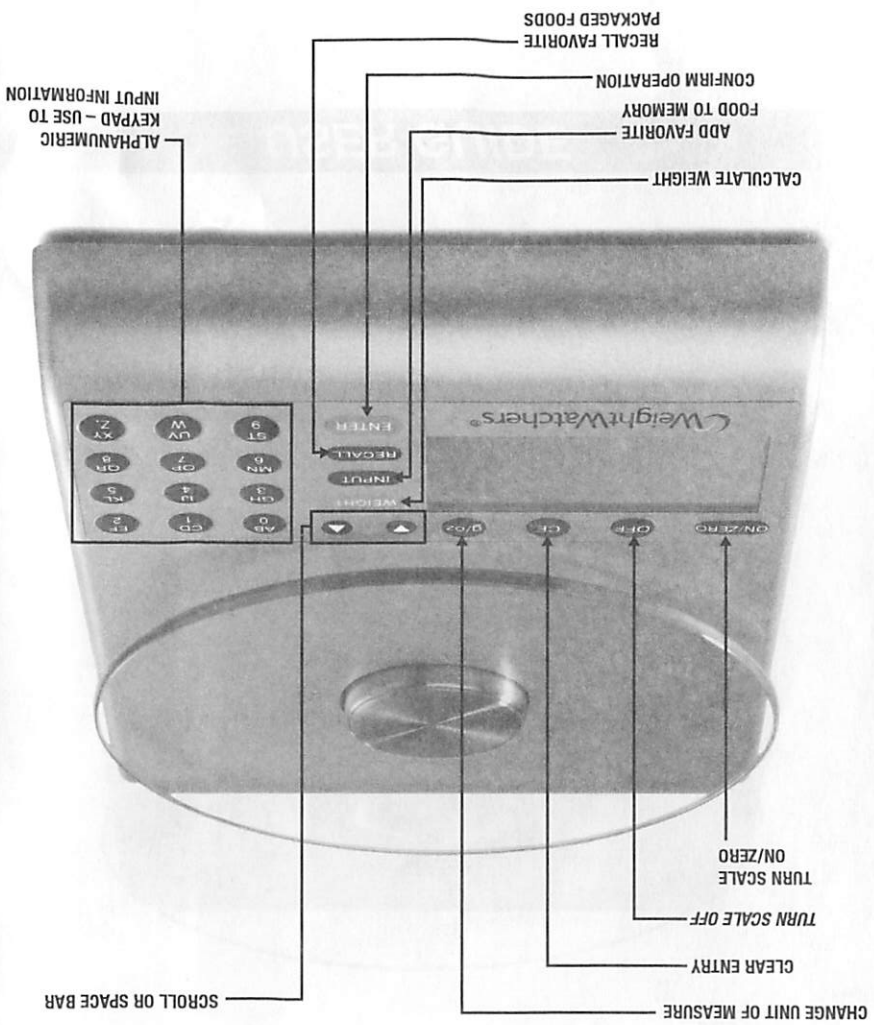
The Weight Watchers electronic food scale with **POINTS**® values database



USER GUIDE

Welcome!

The Weight Watchers® Electronic Food Scale is the first and only scale designed to weigh foods and give you fast, accurate **POINTS®** values. There are over 450 popular foods stored in the scale's database. Plus, you can add your favorite foods right into the scale's memory! It's simple to set up and easy to use.



Food List (cont.)

Tofu, frozen
Tofu, low-fat
Tofu, soft, regular
Tomato paste, canned
Tomato puree, canned
Tomato sauce, canned
Tomatoes, canned
Tomatoes, dried (no oil)
Tomatoes, fresh
Tortilla chips
Tortilla, corn
Tossed salad, without dressing
Turkey cooked drk meat no skin
Turkey cooked lt meat no skin
Turkey grnd, 93% lean, ckd
Turkey grnd, 93% lean, raw
Turkey ground, reg, cooked
Turkey ground, reg, raw
Turnips, cooked
Veal, breast, trimmed, cooked
Veal, breast, trimmed, raw
Veal, lean, trimmed, cooked
Veal, lean, trimmed, raw
Veal, leg, cooked
Veal, leg, raw
Veal, leg, trimmed, cooked
Veal, leg, trimmed, raw
Veal, loin, trimmed, cooked
Veal, loin, trimmed, raw
Veal, regular, cooked
Veal, regular, raw
Veal, shoulder, trimmed, cooked
Veal, shoulder, trimmed, raw
Veal, sirloin, trimmed, cooked
Veal, sirloin, trimmed, raw
Vegetarian bkfst link
Vegetarian breakfast strips
Vegetarian brkfst patty
Vegetarian burger fat-free frzn
Vegetarian burger, frozen
Waffle, lo-fat, any type, frzn
Walnuts
Watercress
Watermelon
Wheat germ
Yam, cooked
Yogurt, fat-free flav w/sug
Yogurt, fat-free frt flav w/sug
Yogurt, fat-free, plain
Yogurt, frozen, low-fat
Yogurt, frzn fat-free no sug
Yogurt, frzn fat-free w/sug
Yogurt, light, no sug

Yogurt, lofat, w/sug flvr
Yogurt, lofat, w/sug frt flvr
Yogurt, low-fat, plain
Zucchini, cooked
Zucchini, uncooked

Getting Started

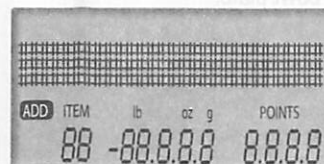
Remove battery from pulp tray. Remove plastic wrap from battery and open battery door on bottom of scale. Follow battery insertion diagram in battery compartment. Make sure battery poles (+ and -) are correctly aligned. Close battery door. Press ON/ZERO, and the LCD screen will light up.

Functions

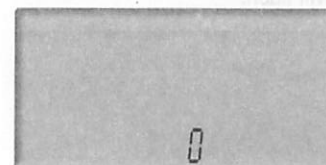
- Weighs food in grams (g) and ounces (oz)
- Finds **POINTS**® values for foods that you weigh that are included in the scale's database
- Computes **POINTS**® values for foods
- Stores up to 10 of your favorite packaged foods in memory
- Calculates **POINTS**® values and weight of your favorite foods that you have stored in memory

Weighing Your Food

Use this feature when you are not looking for **POINTS**® values - but simply finding the weight of any food. Use this method when you are not using a bowl or plate. See next page for weighing with a bowl or plate.



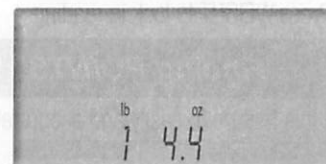
Press ON/ZERO.



Wait until you see a zero on screen.



Place food on the scale. Food weight will flash. Press WEIGHT to lock in weight reading.

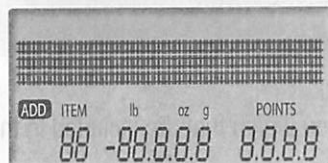


If needed, press g/oz button to change units of measure.

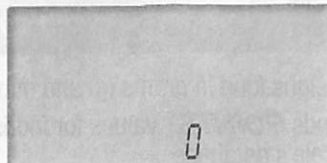
Take away the food, and press CE to clear the weight reading, and weigh another food. Press OFF, or scale will automatically shut off in 30 seconds.

Weighing Your Food with a Bowl or Plate

Use this feature to weigh foods that need to be on a plate or in a bowl (pasta or sauce, for example). This method makes sure that you get only the weight of the food, and not of the container. We recommend that you always use a plate or bowl to weigh raw meat, poultry, fish or eggs and thoroughly wash the plate afterwards.



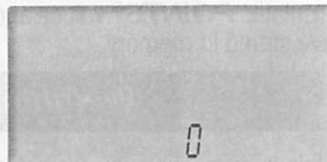
Press ON/ZERO.



Wait until you see a zero on screen.



Place empty bowl/plate on the scale. Weight of the bowl/plate will flash.



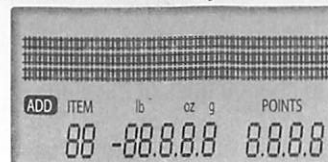
Press ON/ZERO again. This removes the weight of the bowl/plate.



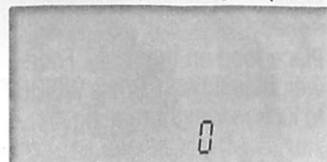
Add food to the bowl/plate. Weight of food only will display and flash. Press WEIGHT to lock in reading.

Finding POINTS® Values of Your Foods

Use this feature to easily and accurately find POINTS® values for your portions.



Press ON/ZERO.



Wait until you see a zero on screen.

Food List (cont.)

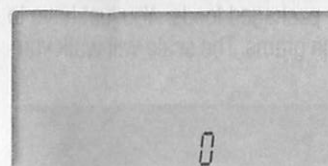
Peas, snow (Chinese pea pods)	Raisins
Peas, split, cooked	Raspberries
Peas, split, dry	Rice, brown, cooked
Peas, sugar snap	Rice, brown, uncooked
Pecans	Rice, white, cooked
Pepper, bell	Rice, white, uncooked
Persimmon	Salad, mixed greens
Phyllo dough	Salami, beef or pork
Pickle, sweet	Salami, turkey
Pickle, unsweetened	Salsa, fat-free
Pie crust, any type refrig or frzn	Sauerkraut
Pie filling, fruit, light, canned	Sausage, beef or pork, cooked
Pimientos, canned	Scallions
Pineapple chunks, cnd, unswtnd	Sesame seeds
Pineapple, fresh	Shallots, raw
Pita, wheat	Shellfish, clam, cooked
Pita, white	Shellfish, crabmeat, cooked
Plantain, baked or boiled	Shellfish, crayfish, cooked
Plums	Shellfish, lobster, cooked
Popcorn, light, microwave-popped	Shellfish, mussel, cooked
Popcorn, movie, without butter	Shellfish, oyster, cooked
Popcorn, plain, air-popped	Shellfish, scallops, cooked
Popcorn, plain, microwave-popped	Shellfish, shrimp, cooked
Popcorn, plain, oil-popped	Shortening
Popcorn, rdcd-fat microwv-popd	Sorbet, any flavor
Poppy seeds	Soup, onion mix
Pork and beans, canned	Soy cheese, fat-free
Pork, center loin, trmd, cooked	Soy cheese, regular
Pork, lean, fat trmd, cooked	Soy yogurt, flavored
Pork, regular, cooked	Soy yogurt, plain
Pork, shoulder, trimmed, cooked	Soybean nuts
Pork, shoulder, trimmed, raw	Soybeans, cooked
Pork, sirloin, trimmed, cooked	Spaghetti sauce, bottled
Pork, sirloin, trimmed, raw	Spaghetti, cooked
Pork, tenderloin, trmd, cooked	Spaghetti, uncooked
Pork, tenderloin, trmd, raw	Spaghetti, whole wheat, cooked
Pork, top loin, trimmed, cooked	Spinach, cooked
Pork, top loin, trimmed, raw	Spinach, uncooked
Potato chips, baked	Sprouts, alfalfa
Potato chips, regular	Sprouts, bean
Potato, sweet, cooked	Squash, spaghetti, cooked
Potato, white or red, cooked	Squash, summer, cooked
Preserves	Squash, winter, cooked
Pretzel twists	Strawberries, fresh
Pretzel, Bavarian	Sugar, brown
Pretzel, soft	Sugar, white
Pretzels	Sunflower seeds
Prunes	Taco sauce
Pudding, fat-free, sug-free	Tangerine
Pumpkin seeds	Tartar sauce
Pumpkin, fresh, cooked	Tempeh (fermented soybean cake)
Quinoa, cooked	Textured vegetable protein
Radishes	Tofu, firm, regular

Food List (cont.)

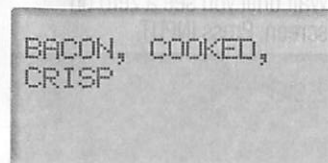
Fish, tuna, raw
 Flour, wheat, whole-grain
 Flour, white
 Frankfurter, beef or pork, lite
 Frankfurter, beef or pork, reg
 Frankfurter, beef/pork, fat-free
 Frankfurter, turkey
 French fries, frzn prprd w/o fat
 Fruit butter
 Fruit salad
 Fruit, dried, mixed
 Gelatin, sug-free, flavored
 Graham cracker crumbs
 Graham crackers
 Granola bar, chocolate-covered
 Granola bar, other redd-cal
 Granola bar, reduced-calorie
 Grapefruit sections
 Grapefruit, whole
 Grapes
 Greens, beet, cooked
 Greens, collard, cooked
 Greens, dandelion, cooked
 Greens, kale, cooked
 Greens, mustard, cooked
 Greens, turnip, cooked
 Ham, cooked, lean
 Ham, cooked, regular
 Hearts of palm (palmetto)
 Honeydew melon
 Hot dog, turkey
 Ice cream, fat free, no sug
 Ice cream, fat-free, with sug
 Ice cream, light, with sug
 Ice cream, premium
 Ice cream, regular
 Jam
 Jelly
 Jerusalem artichokes
 Jicama
 Kasha, cooked
 Ketchup
 Kiwifruit
 Knockwurst
 Lamb, lean, fat trmd cooked
 Lamb, leg, cooked, trimmed
 Lamb, leg, raw, trimmed
 Lamb, loin, cooked, trimmed
 Lamb, loin, raw, trimmed
 Lamb, regular, cooked
 Lamb, shoulder, cooked
 Lamb, shoulder, raw

Lentils, cooked
 Lentils, dry
 Lettuce, any type
 Liver, beef, cooked
 Liver, chicken, cooked
 Lunch meat, lean, <3g fat per oz
 Lunch meat, reg, >4g fat per oz
 Macaroni, cooked
 Macaroni, uncooked
 Macaroni, whole-wheat, cooked
 Mandarin orange
 Mango
 Margarine, fat-free
 Margarine, reduced-calorie
 Margarine, regular
 Matzo
 Mayonnaise, fat-free
 Mayonnaise, reduced-calorie
 Mayonnaise, regular
 Meal replacement bar for wgt loss
 Melba toast
 Milk, instant nonfat dry powder
 Muffin, any type, store-bought
 Muffin, fat-free, store-bought
 Mushrooms, fresh
 Nectarine
 Noodles, cellophane, cooked
 Noodles, egg, cooked
 Noodles, ramen, fresh
 Okra, cooked
 Olives
 Onion rings, fast food
 Onions, cooked
 Onions, uncooked
 Orange
 Orange sections
 Papaya, fresh
 Parsnips, cooked
 Pasta, cooked
 Pasta, uncooked
 Pasta, whole-wheat, cooked
 Pasta, whole-wheat, uncooked
 Pastrami, beef
 Pastrami, made from turkey
 Peaches, canned, unsweetened
 Peanut butter
 Peanuts
 Pear
 Pears, canned, unsweetened
 Peas, black-eyed, cooked
 Peas, chick, cooked
 Peas, chick, dry
 Peas, green, cooked

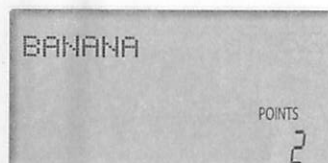
Finding POINTS® Values of Your Foods (cont.)



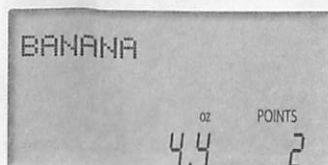
If needed, place empty bowl/plate on scale. Press ON/ZERO again to remove weight of the bowl/plate.



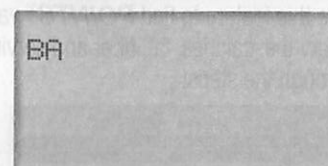
Use the up and down arrows to scroll through food database stored in the scale.



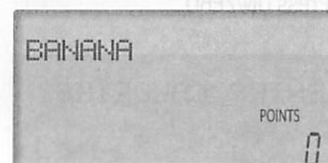
Place food on the scale, and the POINTS® value will appear on screen.



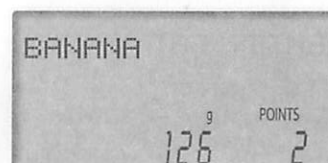
If needed, press g/oz to switch unit of measurement.



Use keypad to enter the first few letters of the food.



Press ENTER when you find the food you're looking for.

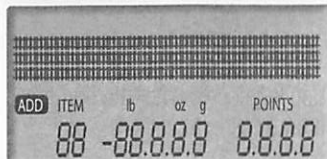


To obtain weight of food, simply press WEIGHT, and weight will appear on the screen.

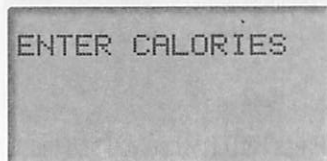
Take away the food, and press CE to find POINTS values for your another food. Press OFF, or scale will automatically shut off in 30 seconds.

Calculating POINTS® Values from Packaged Foods

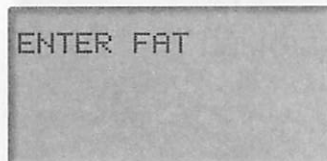
Use this feature to find **POINTS®** values for packaged foods. You just have to know the: calories, fat, fiber and serving size in grams. The scale will walk you through the steps!



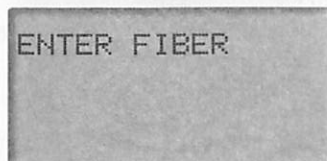
Press ON/ZERO.



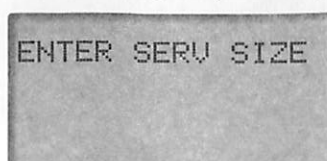
Use keypad to enter total number of calories per serving.



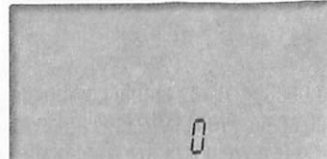
Enter the fat grams per serving. If needed, the decimal point is on the XYZ button.



Enter the fiber grams per serving.



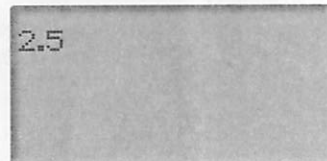
Enter serving size in grams



Wait until you see a zero on screen. Press INPUT.



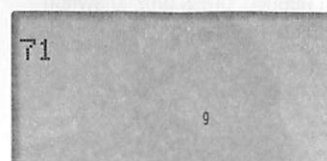
Press ENTER.



Press ENTER.



Press ENTER.



Note: You must enter serving size in grams to get a correct **POINTS®** value for the food.

Food List (cont.)

Cereal, rdy-to-eat, shrd wheat
Cereal, ready-to-eat, frosted
Cereal, ready-to-eat, granola
Cereal, ready-to-eat, nuggets
Cereal, ready-to-eat, other
Cereal, ready-to-eat, puffed
Chard, Swiss, cooked
Cheese twists or balls
Cheese, cottage rcd-fat (2%)
Cheese, cottage, fat-free
Cheese, cottage, low-fat (1%)
Cheese, cottage, regular (4%)
Cheese, cream, fat-free
Cheese, cream, light
Cheese, cream, regular
Cheese, cream, whipped
Cheese, feta
Cheese, Neufchatel
Cheese, parmesan
Cheese, pot
Cheese, ricotta, fat-free
Cheese, ricotta, part-skim
Cheese, ricotta, whole milk
Cheeseburger, small, fast food
Cherries, dried
Cherries, fresh
Chicken Breast, uncooked
Chicken brst ckd no skn w/bone
Chicken brst ckd no skn&bone
Chicken brst ckd w/skn&bone
Chicken drumstck ckd no skin
Chicken drumstck ckd w/skin
Chicken sausage, cooked
Chicken thigh ckd w/skin&bone
Chicken thigh ckd, no skin
Chicken, canned
Chicken, dark meat, cooked
Chicken, ground, cooked
Chicken, light meat, cooked
Chili sauce
Clementine
Cocktail sauce, store-bought
Coconut, packaged, shredded
Corn bread
Corn on the cob
Corn, kernels, cooked
Cornmeal, cooked
Couscous (semolina), cooked
Crackers, fat-free
Crackers, saltine
Crackers, snack
Cranberries, dried
Cranberries, fresh

Cranberry sauce, canned
Cream, sour, fat-free
Cream, sour, light
Cream, sour, regular
Cream, whipped, aerosol
Cream, whpd dry/nondry frzn
Creamer, nondairy, powder
Croutons, packaged, fat free
Croutons, packaged, regular
Cucumber
Currants, dried
Currants, fresh
Dairy shake, reduced calorie
Dates, dried
Dates, fresh
Duck, domestic, no skin, ckd
Edamame (in pods)
Edamame, shelled
Egg substitute, fat-free
Egg white
Egg whites
Egg, whole
Eggplant, cooked
Eggs, scrambled
Elk, cooked
Endive
English muffin, any type
Escarole
Fish, anchovy, cnd in oil, drained
Fish, catfish, cooked
Fish, catfish, raw
Fish, cod, cooked
Fish, cod, raw
Fish, fried (breaded w/ flour)
Fish, halibut, cooked
Fish, halibut, raw
Fish, herring, cooked
Fish, salmon, canned, drained
Fish, salmon, cooked
Fish, salmon, raw
Fish, sardines, cnd in oil, drnd
Fish, snapper, cooked
Fish, snapper, raw
Fish, sole, cooked
Fish, sole, raw
Fish, swordfish, cooked
Fish, swordfish, raw
Fish, tilapia, cooked
Fish, tilapia, raw
Fish, trout, rainbow, cooked
Fish, tuna, cnd in oil, drained
Fish, tuna, cnd in wtr, drained
Fish, tuna, cooked

Food List

All-fruit spread	Beef, shortribs, trimmed, raw
Almonds	Beef, steak lean, trimd, ckd
Apple, dried	Beef, steak, regular, cooked
Apple, fresh	Beef, strip sirloin, trimd, ckd
Applesauce, unsweetened	Beef, T-bone, trimd, ckd
Apricots, canned unsweetened	Beef, tenderloin, trimd, ckd
Apricots, dried	Beets, canned
Apricots, fresh	Biscuit
Artichoke hearts, cooked	Biscuit, refrigerated, baked
Asparagus, cooked	Blackberries
Avocado	Blueberries
Bacon, Canadian-style, cooked	Bologna, beef or pork
Bacon, cooked, crisp	Bologna, turkey
Bagel, any type	Bran, oat, uncooked
Banana	Bratwurst
Barbecue sauce	Bread crumbs, dried, plain
Barley, cooked	Bread crumbs, dried, seasoned
Beans, baked	Bread, any type
Beans, baked, vegetarian, canned	Bread, hi fiber (≥3g per slc)
Beans, black, cooked	Bread, reduced-cal, any type
Beans, cannellini, canned	Breadsticks, any type
Beans, garbanzo, cooked	Broccoli, cooked
Beans, green, cooked	Brownie
Beans, kidney, cooked	Brussels sprouts, cooked
Beans, lima, cooked	Buffalo wings
Beans, navy, cooked	Bulgur, cooked
Beans, pinto, cooked	Burrito, bean, fast food
Beans, refried	Butter, light
Beans, refried, fat-free, canned	Butter, regular
Beans, wax, cooked	Butter, whipped
Beans, white, cooked	Cabbage, all varieties, ckd
Beef, brisket, lean, trimd, raw	Cabbage, all varieties, unckd
Beef, brisket, lean, trimmed, ckd	Cake, with icing, store-bought
Beef, filet mlg, trimd, ckd	Candy, chocolate, any type
Beef, filet mlg, trimd, raw	Candy, hard
Beef, flank, steak, cooked	Cantaloupe
Beef, flank, steak, raw	Cappucino mix, any flavor
Beef, ground, 75% lean, ckd	Caraway seeds
Beef, ground, 80% lean, ckd	Carrots, cooked
Beef, ground, 80% lean, raw	Carrots, uncooked
Beef, ground, 85% lean, ckd	Cauliflower, cooked
Beef, ground, 85% lean, raw	Cauliflower, uncooked
Beef, ground, 90% lean, ckd	Celery, uncooked
Beef, ground, 90% lean, raw	Cereal bar, fat-free
Beef, ground, 95% lean, ckd	Cereal bar, regular
Beef, ground, 95% lean, raw	Cereal, cream of wheat, ckd
Beef, KC strip, trimmed, cooked	Cereal, granola, lofat
Beef, KC strip, trimmed, raw	Cereal, hot, farina, cooked
Beef, lean, fat trimd, ckd	Cereal, hot, grits, corn, cooked
Beef, NY steak, trimd, ckd	Cereal, hot, oatmeal, cooked
Beef, NY steak, trimd, raw	Cereal, oatmeal instnt pln ckd
Beef, regular, cooked	Cereal, rdy-to-eat, raisin brn
Beef, shortribs, trimmed, cooked	

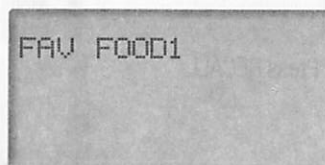
Calculating POINTS® Values from Packaged Foods (cont)



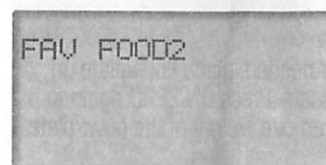
Press ENTER, and scale will display **POINTS®** value per serving.

Saving Your Favorite Packaged Foods to Memory

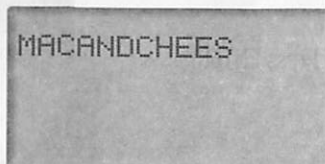
Now you can save this food to your scale's memory. Your scale will store up to 10 of your favorite packaged foods.



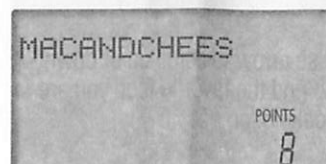
To save this food, simply press INPUT, and you will see FAV FOOD1 on the screen.



Use the arrows on the keypad to scroll to where you want to save the food.



Use the keypad to enter the name of your food.

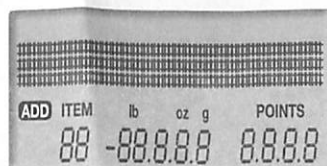


Press ENTER to save.

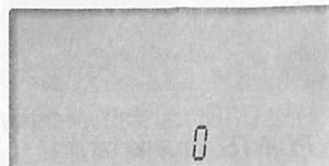
You can also save over an existing favorite packaged food. Use the arrows to scroll to its place, press INPUT, and use the keypad to enter the new food name. Press ENTER to save. Press CE to input another favorite food. When done, press OFF, or scale will automatically shut off in 30 seconds.

Recalling Your Favorite Packaged Foods Stored In Memory

You can find **POINTS®** values for any serving size of your stored favorite foods easily!



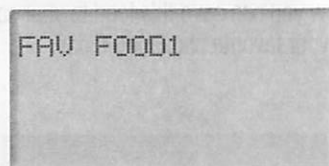
Press ON/ZERO.



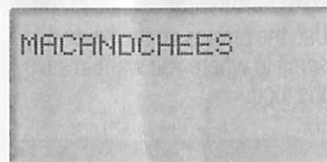
Wait until you see a zero on screen.



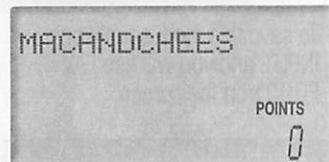
If needed, place bowl/plate on scale. Press ON/ZERO again to remove weight of the bowl/plate.



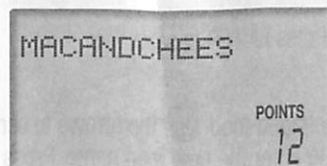
Press RECALL.



Use arrow to scroll up or down to find the favorite food you are looking for.



Press ENTER.



Place food on scale, and scale will give you **POINTS®** value for your serving.



To see the weight of your serving, press WEIGHT.

Take away the food, then press CE to recall another favorite food. When done, press OFF or scale will automatically shut off in 30 seconds.

Frequently Asked Questions

Q. What if my scale displays the message **LOW BATTERY** and then shuts off?

A. In the unlikely event that the scale battery needs to be replaced, lift the battery cover on the bottom of the scale, and replace the old battery with a 9V battery. Dispose of old battery properly. Do not attempt to open the scale or remove any components. Servicing should be done by qualified technicians only.

Q. What if I get an Error message?

A. If you receive an Error message, take the food off of the scale and try again. Remember to wait until a zero is on screen before you place your food on the scale.

Q. What if my scale gets wet?

A. It is a good idea to try to keep the scale as dry as possible. Although a light sprinkling of water should not impact the usability of the scale, the scale is an electronic instrument and should never be submerged in water.

Q. How do I wash my scale?

A. Clean with a damp cloth and/or glass cleaner

Q. What is the maximum weight that my scale can calculate?

A. The scale can weigh up to 11 lbs/5000g.