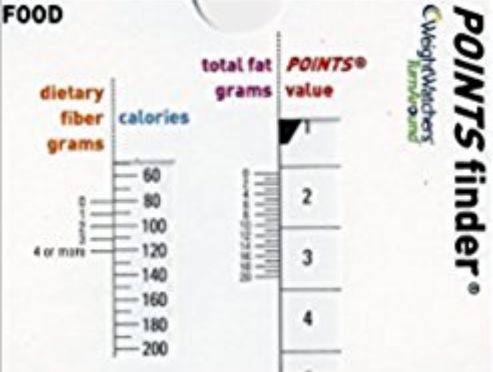


The book was found

Weight Watchers POINTSfinder Slide Turnaround Calculator

FOOD



POINTSfinder
Weight Watchers
Turnaround

How to calculate the POINTS value of a serving of food:

1. Align the dietary fiber grams with the calories.
2. Without moving the slide, locate total fat grams.
3. The POINTS value is in the next window.

Example

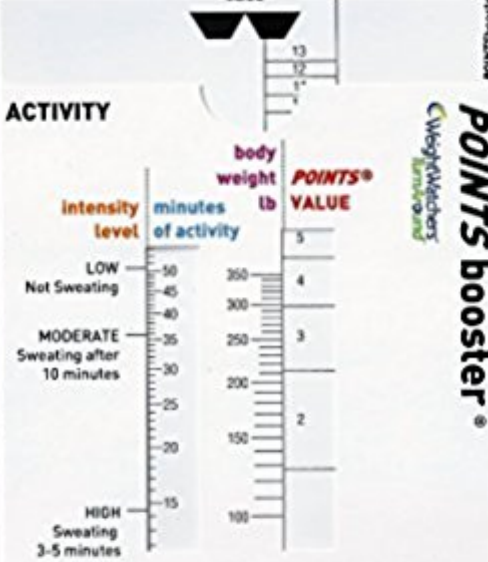
Nutrition Facts	
Serving Size 1 cup (240g) Amount Per Serving	
Calories	120
Total Fat	2g
Dietary Fiber	4g
Total Fat	2g
Dietary Fiber	4g
Total Fat	2g
Dietary Fiber	4g
Total Fat	2g
Dietary Fiber	4g
Total Fat	2g
Dietary Fiber	4g

POINTS value per serving: 2

Note: If necessary, round Total Fat and Dietary Fiber grams on the label or recipe to the nearest whole number. For example, if Total Fat is 2.5 grams, round up to 3 grams. If fat or fiber information is not available, use 0 grams.

1-800-374-9191
WeightWatchers.com

ACTIVITY



POINTS booster
Weight Watchers
Turnaround

How to convert your activity into activity POINTS values:

1. Align the intensity level with the minutes of activity.
2. Without moving the slide, locate your body weight.
3. The activity POINTS value is in the next window.

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Synopsis

2005 cardboard WEIGHT WATCHERS slide calculator

Book Information

Board book

Publisher: Weight Watchers International (2004)

ASIN: B0099943ZG

Package Dimensions: 8 x 3.6 x 0.3 inches

Shipping Weight: 0.3 ounces

Average Customer Review: 5.0 out of 5 stars 6 customer reviews

Best Sellers Rank: #806,963 in Books (See Top 100 in Books) #122 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers](#)

Customer Reviews

2005 cardboard WEIGHT WATCHERS slide calculator

A must-have for anyone doing the "points" value plan of Weight Watchers.

I use this item to calculate points value of foods.

very useful.

Gift

Came earlier than expected! Now I don't have an excuse not to start dieting! I used this system 2 years ago, so I hope it still works! Thanks!

Came in right on time. I've always used this slider and am never disappointed.

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