

# Weight Watchers

## Food Points

### Fruits & Vegetables

Apple – 0 points

Banana – 0 points

Berries  
(strawberries,  
blueberries,  
raspberries) – 0 points

Grapes – 0 points

Carrots – 0 points

Broccoli – 0 points

Spinach – 0 points

### Carbs & Grains

Slice of whole  
wheat bread – 2 points

½ cup  
brown rice – 3 points

½ cup  
quinoa – 3 points

Small baked  
potato – 4 points

Oatmeal, ½ cup  
cooked – 2 points

Pasta, 1 cup  
cooked – 4 points

### Proteins

Grilled chicken breast (3 oz) – 2 points

Turkey breast (3 oz) – 2 points

Eggs (1 large) – 2 points

Tofu (4 oz) – 2 points

Salmon (3 oz) – 4 points

Lean beef (3 oz, 90% lean) – 4 points

### Dairy & Alternatives

Skim milk (1 cup) – 2 points

Almond milk, unsweetened (1 cup) – 1 point

Greek yogurt, plain nonfat (1 cup) – 0 points

Cheese, cheddar (1 oz) – 4 points

Cottage cheese, low-fat (½ cup) – 2 points

### Snacks & Extras

Popcorn, air-popped (3 cups) – 2 points

Dark chocolate (1 square, ~1 oz) – 5 points

Nuts, almonds (12 pieces) – 3 points

Peanut butter (1 Tbsp) – 3 points

Chips (1 oz / about 15 chips) – 4 points

# Weight Watchers Smart Points Program

**James Houck**



**Weight Watchers Smart Points Program:**

## **Weight Watchers Smart Points Program** Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Weight Watchers Smart Points Program**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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