

INTRODUCING

Weight Watchers®

PointsPlus™

Weight Watchers proven approach plus our new formula can give you an edge to help you lose weight

How the *PointsPlus* system works:

With Weight Watchers, every food has a *PointsPlus* value, which takes into account a food's protein, carbs, fat, and fiber. Using advancements in nutritional science, we've developed a formula that helps us wrap it all up into one easy-to-use, number. You'll get a daily personalized *PointsPlus* Target, so you know how much to eat to lose weight safely – while feeling satisfied.

Smarter choices become second nature

The *PointsPlus* program takes into account how your body processes food. You'll be guided towards smarter – and delicious – choices, like Power Foods, that make your body work harder while providing better nutrition throughout the day.

Don't eat less, eat smarter.



11
PointsPlus®
value™

Peanut Butter
Jelly
▲ Reduced-calorie white
Potato chips



11
PointsPlus®
value™

▲ Black bean soup
▲ Whole wheat pasta
▲ Grape tomatoes
▲ Small black olives
Crumbled reduced-fat feta cheese
Shredded basil leaves
Olive oil
Red wine vinegar
▲ Grapes

Food is just part of our approach. We also offer advice on developing healthy habits, building a supportive environment, and getting exercise.

Learn more about the Weight Watchers approach and
NEW *PointsPlus* Program today!

Weight Watchers®
BECAUSE IT WORKS.