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# **How to use a weight watchers points calculator and other tools**

There are hundreds of weight loss plans available today, not all of which work. You need to discover weight watchers, One of the most tried and tested methods of reducing body fats. But how does the Weight Watchers diet work?

When you discover weight watchers, you will learn how to eat the foods you love in moderation so that you can enjoy eating and lose weight at the same time. With today's busy lifestyles, we frequently don't have time to prepare healthy nutritious meals. This means it can be tempting to grab for whatever is convenient, processed foods, take outs etc. Weight watchers provides a sensible way to lose weight and maintain a healthy eating regimen until your weight loss goal is achieved.

Weight watchers can provide the weight loss advantage you require. Eating is a natural part of life. Your eating routine need not be so complicated that it becomes an ordeal that is impossible to maintain because you can't motivate yourself to stick to it.

Understanding that weight watchers will permit you continue life as normal is important and can be the key to starting your weight loss plan immediately.

The weight watchers system allocates you a specific number of weight watchers points per day based upon your gender, age, weight and activity levels. They then have a weight watchers point list that specifies a point equivalent for specific foods. All you have to do then is use a weight watchers points calculator like the one below to keep track of how many points you have consumed.

### **How to calculate your weight watchers points per day**

You will need scales to weigh yourself to calculate how many weight watchers points per day you should have.

Step 1.

Male: 8 points

Female: 2 points

Nursing mother: 12 points

Age:

- 17 to 26: 4 points
- 27 to 37: 3 points
- 38 to 47: 2 points
- 48 to 57: 1 point
- 58 and over: 0 points

Add the points you receive from the above groups.

Step 2.

Weigh yourself on the scale and take the first two numbers of your weight in pounds (if you need to convert from metric you can use the weight conversion tool [HERE](#). Add this number to the points from above. For example. If you are a nursing mother aged 28, weighing 160lb you get  $12+3+16=31$ .

Step 3.

Calculate how much exercise you receive per day. No exercise = no points. If you stand all day, allocate 2 points. If you walk all day, allocate 4 points. If you receive 20 minutes of exercise per day, allocate 6 points.

Add these points to your total to determine your total number of weight watchers points per day. This is how many points you can eat per day.

## Weight watchers point list of common foods

This list is arranged into specific food groups.

Food type	Portion size	Points
Bread, rice & Pasta		
Bread, regular	1 slice (1 oz. 28g)	2
Potato (uncooked)	1 cup (8 oz. 225g)	3
Rice, cooked	1 cup	4
Fruits		
Apple	1 small (4 oz. 110g)	1
Banana	1 medium (6 oz. 165g)	2
Mango	1 (8 oz. 225g)	2
Orange	1 (4 oz. 110g)	1
Pear	1 (5 oz. 140g)	1
Peach	1 (6 oz. 165g)	1
Watermelon	1 cup	1
vegetables		
Cucumber	1 cup	0
Lettuce	1 cup	0
Tomato	1 cup	0
Meat, fish & Poultry		
Beef, regular, cooked	2 oz or 55g	4
Chicken, cooked	2 oz. or 55g	2
Egg	1 (2 oz. or 55g)	2
Fish, Catfish, cooked	6 oz. or 165g	6
Pork, cooked	2 oz. or 55g	5
Shrimp, cooked	1/2 cup (2 oz. or 55g)	1
Dairy		
Milk, low-fat (1%)	1 cup	2
Milk, low-fat (2%)	1 cup	3
Milk, whole	1 cup	4
Yogurt	1 cup	4
Fats & Sugars		
Butter	1 tea spoon	1
Chocolate	1 oz. 28g	3
Meals		
Caesar salad	3 cups	7
Cheeseburger	1 (McDonald Medium)	8
Hamburger	1 Medium	6
Pizza	1 slice (5 oz. or 140g)	6 - 10
Sandwich	1	8 - 16
Beverages		
Apple Cider / Juice	1 cup	2
Beer, regular	1 can or bottle	3
Coca-Cola Classic	1 cup	3
Diet Coke	1 cup	0
Orange Juice	1 cup	3
Sprite	1 cup	3

A more comprehensive weight watchers point list can be found [HERE](#)

**FREE Weight Watchers points Calculator**

Now that you know how many weight watchers points per day you can consume all you need to do is monitor your actual consumption. To do this you can use the FREE weight watchers points calculator below. To calculate the point value of other foods you can determine the calorie, fat and fiber content at [Nutrition Data](#)

You can also find this article published on [How to use a weight watchers points calculator and other tools](#)