

## Points Plus Calculator User Guide

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Calculate Weight Watchers Points Plus. Given : Protein = 12 grams Carbohydrates = 32 grams Fat = 12 grams Fiber = 32 grams Solution : To find Point Plus PP =  $((16 \times 12) + (19 \times 32) + (45 \times 12) - (14 \times 32)) / 175 = ((192 + 608 + 540 - 448)) / 175 = ((1340 - 448)) / 175 = 892 / 175$  PP = 5.0 Therefore, point plus value is 5

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Old Points per Day: PointsPlus/Pro Points per Day <150 lbs <68 kgs: 18 to 23 points: Use the "daily PointsPlus target calculator" above: 150 to 174 lbs: 68 to 79 kgs: 20 to 25 points: 175 to 199 lbs: 80 to 90 kgs: 22 to 27 points: 200 to 224 lbs: 91 to 101 kgs: 24 to 29 points: 225 to 249 lbs: 102 to 113 kgs: 26 to 31 points: 250 to 274 lbs: 114 to 124 kgs: 28 to 33 points

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## ~~Free Weight Watchers PointsPlus Daily Target Calculator ...~~

This calculator can be used to estimate the point value of a food with known parameters.

Latest Calculator. Effective after December 2015, points are based on calories, sugar, saturated fat, and protein. Fruits and most vegetables are still zero-point foods. The nutrients from fruits and vegetables are only factored in if they are mixed with other food.

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