









Beyond the Scale!
©WeightWatchers

	1. Vegetables and Fruits - Eat at least 5 servings each day. (9 servings if you weigh over 350 pounds.)	Serving sizes are 1 cup for leafy greens and 1/2 cup for all other vegetables and fruits. The lettuce alone in a large salad may well count for 2 or more vegetable servings. The default portion for most fruits and vegetables in the Plan Manager is one cup.
	2. Lean Proteins - Ensure that you are getting enough protein by choosing at least a serving or 2 of lean meats, skinless poultry, fish, beans, eggs, soy products, and lentils.	A serving of lean meat or fish is generally 3 to 4 ounces, about the size of a deck of cards.
	3. Low Fat (1%) / Non-Fat Dairy - Include 2 servings of milk products each day. (If you're a nursing mom, teenager, over 50 years old, or weigh more than 250 pounds, you should have 3 servings of milk products each day.)	If you are more than 50 years old or are a teenager or a nursing mom, increase milk servings to 3 each day. Examples of 1 milk serving include 1 cup of milk or yogurt or 1 1/2 ounces of many cheeses.
	4. Whole-Grain Foods - Rich in nutrients, including fiber, such as brown rice, quinoa and oats, whenever possible.	Use the nutrition label to determine the serving size of packaged whole grain foods.
	5. Liquids - Drink at least 6 - 8oz. glasses of liquid a day. Water is the best choice.	6 - 8 oz. glasses of water is just 3 standard 16 oz. bottles. Includes milk, juice, seltzer, diet soft drinks, coffee and tea.
	6. Healthy Oils - 2 teaspoons (olive, canola, sunflower, safflower or flaxseed) each day.	Having 2 teaspoons of healthy oil each day ensures that you get the vitamin E and essential fatty acids that your body needs. Use the oil on salads, in cooking or as an ingredient in a mixed dish. Two teaspoons of oil is not even 1 tablespoon, so be careful to measure, since each additional teaspoon counts as another SmartPoints value of 1.
	7. Multiple Vitamin/Mineral Supplement each day.	Choose one with no more than 100 percent of daily recommendations for vitamins and minerals.
	8. Limit - Sodium, Added Sugar and Alcohol.	Women should have no more than 1 alcoholic beverage each day and men 2 alcoholic beverages each day. Limit sugar intake to 10 % of your daily SmartPoints Value allowance.
	Bonus: Activity	Earn 14 activity SmartPoints Values per week; just 2 activity SmartPoints Values per day. It can help you lose weight and maintain your weight loss.



Beyond the Scale!
©WeightWatchers

	1. Vegetables and Fruits - Eat at least 5 servings each day. (9 servings if you weigh over 350 pounds.)	Serving sizes are 1 cup for leafy greens and 1/2 cup for all other vegetables and fruits. The lettuce alone in a large salad may well count for 2 or more vegetable servings. The default portion for most fruits and vegetables in the Plan Manager is one cup.
	2. Lean Proteins - Ensure that you are getting enough protein by choosing at least a serving or 2 of lean meats, skinless poultry, fish, beans, eggs, soy products, and lentils.	A serving of lean meat or fish is generally 3 to 4 ounces, about the size of a deck of cards.
	3. Low Fat (1%) / Non-Fat Dairy - Include 2 servings of milk products each day. (If you're a nursing mom, teenager, over 50 years old, or weigh more than 250 pounds, you should have 3 servings of milk products each day.)	If you are more than 50 years old or are a teenager or a nursing mom, increase milk servings to 3 each day. Examples of 1 milk serving include 1 cup of milk or yogurt or 1 1/2 ounces of many cheeses.
	4. Whole-Grain Foods - Rich in nutrients, including fiber, such as brown rice, quinoa and oats, whenever possible.	Use the nutrition label to determine the serving size of packaged whole grain foods.
	5. Liquids - Drink at least 6 - 8oz. glasses of liquid a day. Water is the best choice.	6 - 8 oz. glasses of water is just 3 standard 16 oz. bottles. Includes milk, juice, seltzer, diet soft drinks, coffee and tea.
	6. Healthy Oils - 2 teaspoons (olive, canola, sunflower, safflower or flaxseed) each day.	Having 2 teaspoons of healthy oil each day ensures that you get the vitamin E and essential fatty acids that your body needs. Use the oil on salads, in cooking or as an ingredient in a mixed dish. Two teaspoons of oil is not even 1 tablespoon, so be careful to measure, since each additional teaspoon counts as another SmartPoints value of 1.
	7. Multiple Vitamin/Mineral Supplement each day.	Choose one with no more than 100 percent of daily recommendations for vitamins and minerals.
	8. Limit - Sodium, Added Sugar and Alcohol.	Women should have no more than 1 alcoholic beverage each day and men 2 alcoholic beverages each day. Limit sugar intake to 10 % of your daily SmartPoints Value allowance.
	Bonus: Activity	Earn 14 activity SmartPoints Values per week; just 2 activity SmartPoints Values per day. It can help you lose weight and maintain your weight loss.