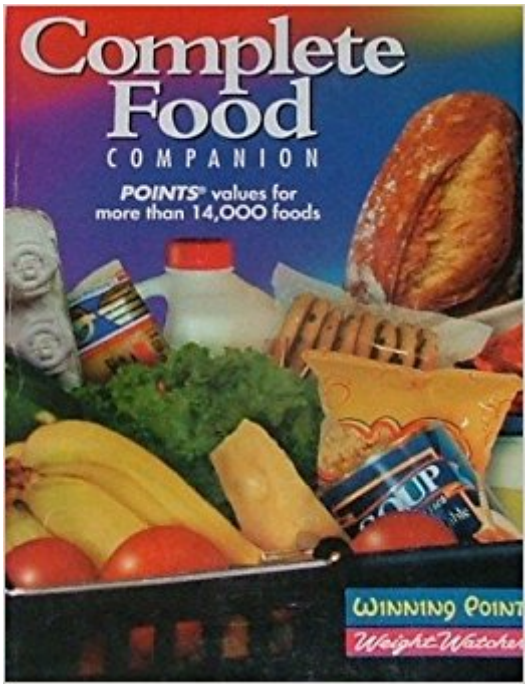
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Complete Food Companion: Points Values For More Than 14,000 Foods



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Synopsis

Pictorial paperback 2000 256 p 7.50x5.50x0.60 GUIDE FOR FOODS INFORMATIONS. GENERAL LISTING OF FOODS; GENERAL LISTING OF ETHNIC/ REGIONAL FOODS; FOODS LISTED BY BRAND NAME.

Book Information

Paperback: 256 pages

Publisher: Weight Watchers (2000)

Language: English

ASIN: B000OFV8M0

Package Dimensions: 7.4 x 5.4 x 0.6 inches

Shipping Weight: 9.6 ounces

Average Customer Review: 1.0 out of 5 stars 1 customer review

Best Sellers Rank: #910,770 in Books (See Top 100 in Books) #137 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers

Customer Reviews

Pictorial paperback 2000 256 p 7.50x5.50x0.60 GUIDE FOR FOODS INFORMATIONS. GENERAL LISTING OF FOODS; GENERAL LISTING OF ETHNIC/ REGIONAL FOODS; FOODS LISTED BY BRAND NAME.

Not as advertised

This book has been a really great thing for me. Once you get used to looking up the foods you've eaten and see their point values, it really helps to get your eating under control. You eventually get to know how many points things are and only have to refer to the book occasionally, but it's still really nice to have around (just in case).

You'll notice that doesn't sell any Weight Watchers items direct...they are always available through "other sellers" rather than being supplied by Weight Watchers (see seller info).The reason is simple...many people don't realize that one of our services at Weight Watchers is that you can buy ANYTHING we sell, even food, at our centers without having to be a member.So what happens? People go in, buy lots of items, and rather than using them for their personal use, they mark them up for more than twice the actual cost and take advantage of those trying to lose weight online.Now,

granted, if you can’t get to a weight watchers meeting center then this may be your only avenue to receive the supplies so I can’t fault it for that...however, how you figure out your daily points needed to lose weight has changed. Someone of the same height and weight may need an entirely different amount of points as a person equal to them. And the only way to know your daily target is to actually find out at a getting started session...so to buy this book but not have taken the full quiz may lead you to eat too many points and gain weight or eat to few and slow your metabolism. So be sure you do know your daily points target if you do purchase...the book won’t give you that and I’d also hate for anyone to GAIN more weight when they have health issues.Just know the book is 10 bucks at a meeting with no tax, no shipping. So you can make the best decision before buying here. Either way, Weight Watchers sells them at regular price to whomever is selling them here, but I hate to see people taken advantage of if they are unaware it’s being marked up so high by an anonymous seller on .Still, for those on the plan, it’s a great book. So I rated the book, not the seller.

This book has kept me interested and committed to using it! It’s the perfect size to keep with me and I can easily find information that I am looking for.

I was so glad to be able to find a copy of this book. Weight watchers is not really close to where we live . I find the information on food and values to be very helpful in my quest for better weight and a healthier lifestyle. This version has so many more options and pages than the previous editions. The added values and new food items made my lifestyle changes much easier and my dietary choices varied and delicious. I would really recommend this book. The price is great and you don’t have to go to the meetings and the weigh ins. I work much better being able to make my own choices. This book helps me do that. Thanks again for a great copy. The price was worth it!!

we were thrilled to learn that the weight watchers guide was actually available. My old one was on its last pages.....I thought it was possible to get another one through membership with weight watchers. The condition of the book is perfect and arrived in a timely manner!!!! Thanks so much. Kay

Just went back to Weight Watchers, and this book is absolutely something I read and refer to daily.

I have used this book to lose a total of 84 lbs., reversed my diabetic status, no longer take colorestol meds. and am down to a 0.25 high blood pressure meds. I would highly recommend weight

watchers to everyone who is concerned about their health. Thisbook is my second book.

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