
Weight Watchers!

Posted by harshads - 2008/02/19 12:44

I am starting this topic who don't know what weight watchers are all about.
Here is the link where you will get the information regarding the same.:cheer:
http://en.wikipedia.org/wiki/Weight_Watchers

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Re:Weight Watchers!

Posted by saggygenius - 2008/02/19 21:58

hmmm ,it must be some company which is related to the fitness products like body building product & dietary etc.

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Re:Weight Watchers!

Posted by khairilhusni - 2008/02/19 22:38

Let's try The POINT formula.

<http://upload.wikimedia.org/math/2/1/7/217acb16e50e5ed73069c6bc2bcaf577.png>

Where p is the number of points, c is the number of calories, f is the grams of fat, and r is the grams of dietary fiber (if the dietary fiber is greater than four, use four). The points value is always an integer, with fractional values rounded to the nearest point. An alternative format, mentioned in the patent and used on some websites, rounds values to the nearest half-point.

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Re:Weight Watchers!

Posted by angel_of_vengeance - 2008/02/20 05:08

khairilhusni wrote:

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With that formula, I think I'd better lose weight now than be worried about that formula every time I eat something that should be not on my diet list.

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