

Fruit Calories & Points

apples - 1 medium = 88 calories w/ 3 grams of fiber = 1 point
bananas - 1 lrg. = 125 calories w/ 3 grams of fiber = 2 points
Bing Cherries - 1 cup = 88 calories w/ 2.7 grams of fiber = 1 point
blackberries - 1 cup = 75 calories w/ 7 grams of fiber = 1 point
cantaloupe - 1 cup diced = 56 calories w/ 1 gram of fiber = 1 point
grapefruit - 1 lrg. = 53 calories w/1 gram of fiber = 1 point
grapes - 1 cup = 114 calories w/ 1 gram of fiber = 2 points
kiwi - 1 medium = 46 calories w/ 2 grams of fiber = 1 point
Peach - 1 medium = 42 calories w/ 2 grams of fiber = 1 point
pears - 1 medium = 98 calories w/ 4 grams of fiber = 1 point
pineapple – 1 cup = 1 point
Strawberries - 1 cup halved = 45 calories w/ 3.5 grams of fiber = 1 point
Watermelon - 1 cup diced = 48 calories w/0 grams of fiber = 1 point

Weight Watchers Point Values - for home cooking

You can find more information about the **weight watchers points formula** by going to the [US patent](#) website and searching for patent 6,040,531. The weight watchers formula to calculate points values of foods is:

$$\text{POINTS(R)} = (\text{calories}/50) + (\text{fat grams}/12) - (\text{fiber grams}/5)$$

Flour

3 tablespoons	1 Point
1/2 cup Flour	2.5 Points
3/4 cup Flour	4 Points
1 cup Flour	5 Points

Sugar

1 tablespoon Sugar	1 Point
1/4 cup Sugar	4 Points
1/2 cup Sugar	8 Points
3/4 cup Sugar	12 Points
1 cup Sugar	16 Points

Oil

1 tablespoon Oil	4 Points
1/4 cup Oil	16 Points
1/2 cup Oil	32 Points
1 cup Oil	64 Points

Eggs

3 Egg Whites	1 Point
1 Whole Egg	2 Points

Evaporated Skim Milk

1/2 cup Evap. Skim Milk	2 Points
3/4 cup Evap. Skim Milk	4 Points
1 cup Evap. Skim Milk	5 Points

Other

1 can 98% Fat-Free Cream of Mushroom Soup	5 Points
1 can 98% Fat-Free Cream of Celery Soup	3 Points
1 can tomato soup	2.5 Points