

WEIGHT WATCHERS FOOD POINTS

SANDWICHES	WW POINTS PLUS	WW POINTS	SERV SIZE	CALORIES	TOTAL FAT	FIBER	PROTEIN
Hamburger	7	5	1 burger	250	9	2	12
Cheeseburger	8	7	1 burger	300	12	2	15
Double Cheeseburger	12	10	1 burger	440	23	2	25
McDouble	10	9	1 burger	490	19	2	22
Quarter Pounder Cheese	13	12	1 burger	510	26	3	29
Big Mac	14	13	1 burger	540	29	3	25
Big N' Tasty	12	11	1 burger	450	24	3	24
Angus Bacon & Cheese	21	18	1 burger	790	39	4	27
Angus Deluxe	20	17	1 burger	750	39	4	40
Angus Mushroom & Swiss	20	18	1 burger	770	40	4	44
Filet-O-Fish	10	9	1 sandwich	330	18	2	15
McChicken	10	8	1 sandwich	360	14	2	14
McRib	13	12	1 sandwich	500	26	3	22

Dining Guide Watcher Weight

Lauren Gardner



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