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Loose Like Different Greens On The Weight Watchers Plan. A 1/2 Cup Serving Of Peas Has 2 Factors, A Half Of Cup Serving Of Sweet Potatoes Or A Medium Ear Of Corn Has Three Factors, And A Medium, An Undressed Baked Potato Has 5 Factors. Weight Watchers Points Plus Food List - Weight Watchers Hub Jan 5th, 2024

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