**USING A SCALE TO WEIGH FOOD**

Step 1

Zero out your scale. Depending on the type of food scale you’ve purchased, this could be as simple as turning the scale on and waiting until the display registers “0.” For spring and weight scales, you might need to turn a knob on the scale to 0.

Step 2

Weigh the bowl or container you will use to store the food you’re weighing. You need to know the weight of the container in order to subtract it from the number the scale registers when you add food to it. The answer will give you the actual weight of your food. Some scales that come with a container have a special button that automatically accounts for the container; follow manufacturer’s instructions to use this feature.

Step 3

Now zero out the scale again. This will subtract the weight of the item you will be measuring your food in. Place your food portion in the container on the scale. If you are using a weight or spring scale, give the scale a few moments to settle before reading the weight. If you are using a digital scale, you will either see the weight displayed automatically, or you may have to enter a special code that indicates the type of food you’re weighing into the scale. Follow manufacturer’s directions to obtain the correct reading.

Step 4

If you didn’t zero out the container weight you can subtract the weight of the container, if necessary, from the reading to calculate your final weight measurement. Keep adding the food slowly to meet your required weight.