

WEIGHT WATCHERS ZERO POINT FOOD LIST

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| Acorn Squash | Endive | Apples |
| Artichoke hearts, no oil | Escarole | Applesauce, unsweetened |
| Artichokes | Fennel | Apricots, fresh |
| Arugula | Frozen stir fry veggies | Bananas |
| Asparagus | Garlic | Blackberries |
| Baby Corn | Ginger | Blueberries |
| Bamboo shoots | Green leaf lettuce | Cantaloupe |
| Basil | Hearts of palm | Cherries |
| BeetGreens | Iceberg Lettuce | Clementines |
| Beets | Jicama | Cranberries, fresh |
| Bibb Lettuce | Kale | Dragonfruit |
| Bok Choy | Kohlrabi | Figs, Fresh |
| Broccoli | Leeks | Frozen mixed berries, unsweetened |
| Broccoli rabe | Mixed Greens | Fruit Cocktail, unsweetened |
| Broccoli slaw | Mushrooms | Fruit salad, unsweetened |
| Brussel Sprouts | Mint | Grapes |
| Butter Lettuce | Mustard Greens | Grapefruit |
| Butternut Squash | Napa Cabbage | Guava |
| Cabbage | Nori (seaweed) | Honeydew |
| Carrots | Oakleaf lettuce | Kiwi |
| Cauliflower | Okra | Kumquats |
| Cauliflower Rice | Onions | Lemons |
| Celery | Oregano | Limes |
| Chives | Parsley | Mangoes |
| Cilantro | Pea Shoots | Nectarines |
| Coleslaw | Peppers | Oranges |
| Coleslaw Mix | Pickles, unsweetened | Papayas |
| Collard Greens | Pico de gallo | Peaches |
| Cucumber | Pumpkin | Pears |
| Eggplant | Pumpkin puree | Persimmons |
| Romaine lettuce | Red Leaf lettuce | Pineapple |
| Rosemary | Summer squash | Plums |
| Rutabaga | Swiss Chard | Pomegranates |
| Radishes | Tarragon | Pomelo |
| Salsa | Thyme | Raspberries |
| Fat free | Tomatillos | Star Fruit |
| Sauerkraut | Tomato puree | Strawberries |
| Scallions | Canned Tomato sauce | Tangerines |
| Shallots | Canned Tomatoes | Watermelon |
| Spaghetti Squash | Turnips | |
| Spinach | Water Chestnuts | |
| String beans | Wax beans | |
| | Zucchini | |