

WEIGHT WATCHERS

ZERO POINT FOODS

Veggies

Arugula Mint
 Asparagus Mushrooms
 Bamboo shoots Nori (dried seaweed)
 Basil Okra
 Beets Onions
 Bell peppers Oregano
 Bok choy Parsley
 Broccoli Pea shoots
 Brussels sprouts Peppers
 Butter lettuce Pickles, unsweetened
 Butternut squash Pimientos,
 Cabbage Pumpkin
 Carrots Radishes
 Cauliflower Rosemary
 Celery Rutabaga
 Chiles Salsa, fat-free
 Chives Sauerkraut
 Cilantro Scallions
 Collard greens Shallots
 Cucumbers Snow peas
 Eggplants Spaghetti squash
 Endive Spinach
 Escarole Sugar snap peas
 Fennel Summer squash
 Garlic Swiss chard
 Ginger Tarragon
 Green beans Thyme
 Hearts of palm Tomatillos
 Jicama Tomatoes
 Kale Turnips
 Kohlrabi Water chestnuts
 Leeks Wax beans
 Lettuce Zucchini

Fruit

Apples Lemons
 Applesauce, Limes
 unsweetened Mangoes
 Apricots, fresh Nectarines
 Bananas Oranges
 Blackberries Papayas
 Blueberries Peaches
 Cantaloupe Pears
 Cherries Persimmons
 Clementines Pineapples
 Cranberries, fresh Plums
 Dragon fruit Pomegranates
 Figs, fresh Pomelo
 Grapefruit Raspberries
 Grapes Star fruit
 Guava Strawberries
 Honeydew Tangerines
 Kiwi Watermelon
 Kumquats

Whole Grains

Amaranth Kasha
 Ancient grain mix, Millet
 without seeds Barley
 Quinoa
 Barley, quick-cooking Red quinoa
 Brown basmati rice Rye berries
 Brown jasmine rice Sorghum
 Brown rice Spelt
 Brown rice, instant Spelt berries
 Brown rice, quick-cooking Brown rice (100%) Teff
 Tricolor quinoa
 Brown rice-quinoa blend Buckwheat Wheat berries
 Whole-grain sorghum
 Bulgur Whole-wheat couscous
 Farro Wild rice
 Freekeh Wild rice-brown rice blend
 Kamut

Starchy Veggies

Artichokes, no oil Popcorn
 Corn Potatoes
 Lotus root Squash
 Parsnips Sweet potatoes
 Plantains Yams
 Yucca

Beans, Peas, Lentils

Beans Refried beans, fat-free
 Edamame Soybeans
 Lentils Split peas
 Peas Sprouts

Yogurt, Etc.

Cottage cheese, fat free Plain fat free yogurt
 Unsweetened almond
 Plain fat free Greek milk yogurt
 yogurt Unsweetened plain soy
 yogurt
 Plain fat free quark yogurt

Tofu, Tempeh

Cooked Tempeh Konjac noodles
 Tofu Red lentil pasta
 Brown rice pasta Whole Grain pasta

Oatmeal

Barley flakes Whole-grain flakes
 Oatmeal (instant, old fashioned, rolled, steel)

Fish, Seafood

Caviar Oysters
 Clams Sashimi
 Crab Scallops
 Eel Sea cucumber
 Fish Sea urchin
 Lobster Shrimp
 Monkfish Snails
 Mussels Squid
 Octopus Tuna, canned in water

Poultry

Chicken breast, Ground chicken breast
 boneless, skinless (98% fat free)
 Deli chicken breast Ground turkey breast,
 99% fat-free
 Deli-style low sodium turkey breast Turkey breast, skinless

Eggs

Eggs Liquid egg substitute,
 made from egg whites

Avocados

Avocados Guacamole, no oil or
 sugar added