

Weight Watchers Points

BEANS & LEGUMES

Adzuki beans
Alfalfa sprouts
Bean sprouts
Black beans
Black-eyed peas
Cannellini beans
Chickpeas
Edamame
Fava beans
Great Northern beans
Hominy
Kidney beans
Lentils
Lima beans
Lupini beans
Navy beans
Pinto beans
Refried beans, canned, fat-free
Soy beans

FRUITS

Apples
Applesauce, unsweetened
Apricots, fresh
Bananas
Blackberries
Blueberries
Cantaloupe
Cherries
Clementines
Cranberries, fresh
Dragon fruit
Figs, fresh
Frozen mixed berries, unsweetened
Fruit cocktail, unsweetened
Fruit salad, unsweetened
Grapefruit
Grapes
Guava
Honeydew
Kiwi
Kumquats
Lemons

Fruits continued...

Limes
Mangoes
Meyer lemons
Nectarines
Oranges
Papayas
Peaches
Pears
Persimmons
Pineapples
Plums
Pomegranates
Pomelo
Raspberries
Star fruit
Strawberries
Tangerines
Watermelon

CHICKEN & TURKEY BREAST

Ground chicken breast
Ground turkey, 98% fat-free
Ground turkey breast
Skinless chicken breast
Skinless turkey breast

EGGS

Egg substitute
Egg whites
Egg yolks
Eggs

TOFU & TEMPEH Firm tofu

Silken tofu
Smoked tofu
Soft tofu
Tempeh

NONFAT YOGURT & SOY YOGURT

Greek yogurt, plain, nonfat
Plain yogurt, nonfat
Quark, plain, up to 1% fat
Soy yogurt, plain

VEGETABLES (NON-STARCHY)

Acorn squash
Artichoke hearts, no oil
Artichokes
Arugula
Asparagus
Baby corn
Bamboo shoots
Basil
Beet greens
Beets
Bok choy
Broccoli
Broccoli rabe
Broccoli slaw
Brussels sprouts
Butter/Bibb lettuce
Butternut squash
Cabbage
Canned pimientos
Carrots
Cauliflower
Cauliflower rice
Celery
Chives
Cilantro
Coleslaw mix
Collard greens
Cucumber
Eggplant
Endive
Escarole
Fennel
Frozen stir-fry vegetables, no sauce
Garlic
Ginger
Green leaf lettuce
Hearts of palm
Iceberg lettuce
Jicama
Kale
Kohlrabi
Leeks

Mint

Mixed greens
Mushrooms
Mustard greens
Napa cabbage
Nori (seaweed)
Oak leaf lettuce
Okra
Onions
Oregano
Parsley
Pea shoots
Peppers
Pickles, unsweetened
Pico de gallo
Pumpkin
Pumpkin puree
Radishes
Red leaf lettuce
Romaine lettuce
Rosemary
Rutabaga
Salsa, fat-free
Sauerkraut
Scallions
Shallots
Spaghetti squash
Spinach
String beans
Summer squash
Swiss chard
Tarragon
Thyme
Tomatillos
Tomato puree, canned
Tomato sauce, canned
Tomatoes
Turnips
Water chestnuts
Wax beans
Zucchini

VEGETABLES (STARCHY)

Canned corn
Corn
Green peas
Parsnips
Peas
Split peas
Succotash

FISH/SHELLFISH

Abalone
Alaskan king crab
Anchovies, in water
Arctic char
Bluefish
Branzino
Butterfish
Canned tuna, in water
Carp
Catfish
Caviar
Clams
Cod
Crabmeat, lump
Crayfish
Cuttlefish
Dungeness crab
Eel
Fish roe
Flounder
Grouper
Haddock
Halibut
Herring
Lobster
Mahi mahi
Monkfish
Mussels
Octopus

Fish/Shellfish Continued...

Orange roughy
Oysters
Perch
Pike
Pollock
Pompano
Salmon
Sardines, canned in water or sauce
Sashimi
Scallops
Sea bass
Sea cucumber
Sea urchin
Shrimp
Smelt
Smoked haddock
Smoked salmon
Smoked sturgeon
Smoked trout
Smoked whitefish
Snails
Snapper
Sole
Squid
Steelhead trout
Striped bass
Sturgeon
Swordfish
Tilapia
Trout
Tuna
Turbot
Wahoo
Whitefish