

# Weight Watchers Food Point Chart

These fruits, veggies, condiments and other foods are all zero **PointsPlus** values:

Acorn squash	Escarole	Papaya
Apples	Fennel	Passion fruit
Applesauce (unsweetened)	Figs (fresh)	Peaches
Apricots	Fruit cocktail (in water)	Pears
Artichokes	Gelatin (sugar-free)	Pickles (unsweetened)
Arugula	Gooseberries	Pico de gallo
Asparagus	Grape leaves	Pineapple
Bamboo shoots	Grapefruit	Plums
Bananas	Grapes	Pomegranates
Bean sprouts	Greens (beet, collard, dandelion, kale, mustard, swiss chard, turnip)	Pumpkin
Beets	Hearts of palm	Radicchio
Bell peppers	Honeydew	Radishes
Blackberries	Horseradish	Raspberries
Blueberries	Hot peppers	Rhubarb
Broccoli	Hot sauce	Rutabaga
Broccoli rabe	Ice pops (fruit-flavored; reduced-calorie)	Salsa
Broth	Jalapeno peppers	Sauerkraut
Brussels sprouts	Jicama	Scallions
Butternut squash	Ketchup (1 serving)	Seltzer
Cabbage	Kim chee	Side-salad without dressing or croutons (fast-food)
Canned Fruit (no sugar added & packed in water)	Kiwifruit	Soy sauce
Canned Fruit (packed in its own juice & drained)	Kohlrabi	Snow peas
Carrots	Leeks	Spaghetti squash
Cantaloupe	Lemons	Spinach
Cauliflower	Lettuce	Squash (all types of winter and summer)
Celery	Limes	Steak sauce
Cherries	Loganberries	Strawberries
Clementines	Loquats	String Beans
Cranberries (fresh)	Lychees (litches)	Sugar snap peas
Cucumber	Mandarin Oranges	Tangerines
Currants	Mangoes	Tomatoes
Dates (fresh)	Mixed greens	Turnips
Diet soda	Mushrooms	Vinegar
Egg substitute/whites (1 serving)	Mustard	Water chestnuts
Eggplant	Nectarines	Watercress
Elderberries	Okra	Watermelon
Endive	Onions	Zucchini
	Oranges	