

# Weight Watchers Freestyle

## POINT FOODS

### Fruits

Apples  
 Unsweetened aplesauce  
 Apricots  
 Banana  
 Berries  
 Blackberries  
 Blubberies  
 Cantalope  
 Cherries  
 Clementines  
 Dates  
 Figs  
 Fruit cocktail  
 Unsweetened fruit cup  
 Fruit salad  
 Grapefruit  
 Grapes  
 Guavas  
 Honeydew melon  
 Jackfruit  
 Kiwifruit  
 Kumquats  
 Lemn  
 Lemon zest  
 Lime  
 Lime zest  
 Lychees  
 Mangoes  
 Melon balls  
 Nectarine  
 Oranges (all varieties)  
 Papayas  
 Passion fruit  
 Peaches  
 Pears  
 Persimmons  
 Pineapple  
 Plumcots  
 Plums  
 Pomegranate seeds  
 Pomegranates  
 Pomelo  
 Pumpkin  
 Pumpkin puree  
 Razberries  
 Satsuma mandarin  
 Starfruit  
 Strawberries  
 Tangelo  
 Tangerine  
 Watermelon

### Vegetables

Arrowroot  
 Artichoke hearts  
 Artichokes  
 Arugula  
 Asparagus  
 Bamboo shoots  
 Beets  
 Black-eye peas  
 Broccoli rabe  
 Broccoli slaw  
 Broccoli  
 Brussel sprouts  
 Cabbage  
 Carrots  
 Cauliflower  
 Celery  
 Coleslaw mix  
 Collards  
 Corn (baby,white,yellow, kernels, and on the cob)  
 Cucumber  
 Dakon  
 Edaname  
 Eggplant  
 Endive  
 Escarole  
 Fennel  
 Garlic  
 Ginger root  
 Greens  
 Green beans  
 Hearts of palm  
 Hominy (canned)  
 Jerusalem arichokes  
 Jicama  
 Koholrabi  
 Leeks  
 Lentils  
 Lettuce  
 Mung bean sprouts  
 Mung dal  
 Mushroom caps  
 Mushrooms (all varieties)  
 Nori seaweed  
 Okra  
 Onions  
 Parsley  
 Pea shoots  
 Peas (green,snow,split, sugar snap)  
 Pea pods

### Peppers (all varieties) pepperoncini pickles (unsweetened)

Pico de gallo  
 Pimientos  
 Radicchio  
 Radidhes  
 Rutabagas  
 Salad (mixed greens)  
 Salsa verde  
 Saurkraut  
 Scallions  
 Seaweed  
 Shallots  
 Spinach  
 Sprouts  
 Squash (all varieties)  
 Succotash  
 Swiss Chard  
 Taro  
 Three bean salad  
 Tomatillos  
 Tomato puree  
 Tomato sauce  
 Tomatoes (all varieties)  
 Water chestnuts  
 Watercress

### Beans

Adzuki  
 Black  
 Broad (fava)  
 Butter  
 Cannellini  
 Cranberry (roman)  
 Garbanzo (chickpeas)  
 Great nothern  
 Kidney  
 Lima  
 Lupini  
 Mung  
 Navy  
 Pink  
 Refried, fat free  
 Small white  
 Snap  
 String  
 Wax  
 White

### Protein

Abalone  
 Anchovies  
 Artic Char  
 Blue fish  
 Branzino (sea bass)  
 Butterfish  
 Calamari  
 Carp  
 Catfish  
 Caviar  
 Clams  
 Cod  
 Ground chicken breast (99% fat free)  
 Chicken breast or tenderloin (boneless and skinless)  
 Crab  
 Crayfish  
 Cuttlefish  
 Drum  
 Eel  
 Egg substitutes  
 Egg whites  
 Eggs (including yolks)  
 Fish fillet (grilled with lemon pepper)  
 Flounder  
 Gefilte fish  
 Grouper  
 Haddock  
 Halibut  
 Herring  
 Jerk chicken breast  
 Lobster  
 Mackerel  
 Mahimahi  
 Monkfish  
 Mussels  
 Octopus  
 Orange roughy  
 Oysters  
 Perch  
 Pike  
 Pollack  
 Pompano  
 Rainbow trout  
 Rockfish  
 Roe  
 Sablefish  
 Salmon  
 Sardines

### Sashimi

Satay chicken (without peanut sauce)  
 Scallops  
 Sea bass  
 Shrimp  
 Smelt  
 Snapper  
 Sole  
 Squid  
 Striped mullet  
 Sturgeon  
 White sucker  
 Sunfish  
 Swordfish  
 Tilapia  
 Tilefish  
 Tofu (all varieties)  
 Tuna  
 Ground turkey breast (99% fat free)  
 Turkey breast or tenderloin (skinless)  
 greek yogurt (plain, nonfat and unsweetened)  
 Yogurt (Plain,nonfat and Unsweetened)  
 Soy yogurt (plain)  
 Whitefish  
 Whiting