

fruits

Included:

- All individual or mixed fruits: fresh, frozen, or canned or jarred in water, without added sugar
- Fruit canned or jarred in its own or another juice, without added sugar, drained
- Fruit salad or cocktail: mixed fruits without added sugar

Not Included:

- Dried fruits
- Juices, including the juice in which fruit is canned or jarred

vegetables

Included:

Most individual or mixed vegetables: fresh, frozen, canned, or jarred, without added sugar or oil, whether or not it has a SmartPoints value per serving, including:

- Corn: whole kernel and on the cob
- Peas: green
- Potatoes: white, red, sweet
- Salsa: fat-free and without added sugar, including salsa with fruit

Not Included:

- Avocados
- French fries
- Juices
- Olives
- Pickled vegetables
- Plantains
- Vegetables prepared with ingredients that are not no-count foods (such as corn in butter sauce, dried tomatoes packed in oil)

whole grains

Included:

- Cereals, cold, ready-to-eat, whole-grain, without dried fruits or nuts, with no more than 1 gram of sugar, and with 3 grams or more of fiber per serving
- Cereals, hot, cooked, and without added sugar, dried fruits, or nuts, including:
 - 100% bran
 - Cream of rice/cream of wheat
 - Grits
 - Oatmeal
- Brown rice and wild rice
- Pasta, whole-grain, including:
 - Whole-grain macaroni, noodles, and spaghetti
 - Whole-wheat pasta
 - Gluten-free pasta, such as most brown rice pastas, quinoa pastas, and corn pastas*
- Whole grains, such as:
 - Barley
 - Buckwheat
 - Bulgur
 - Cornmeal (polenta)
 - Farro

- Popcorn: plain air-popped, plain or light micro-wave-popped, and 94% fat-free micro-wave-popped
- Quinoa
- Spelt
- Whole-wheat couscous

Not Included:

- Flavored rice mixes
- Fried rice
- White rice
- Regular pasta

dairy & dairy substitutes

Included:

- Fat-free milk, and fat-free and sugar-free beverages made with fat-free milk, including:
 - Fat-free and sugar-free cappuccino
 - Fat-free and sugar-free latte
- Fat-free cheeses, including:
 - Fat-free cottage cheese
 - Fat-free cream cheese
- Fat-free ricotta cheese
- Fat-free sliced or shredded cheese
- Fat-free sour cream
- Fat-free plain yogurt, and some light yogurts, regular or Greek*
- Soy cheese
- Unflavored soy milk and soy yogurt

Not Included:

- Fat-free evaporated milk
- Fat-free sweetened condensed milk
- Fat-free creamers (including half and half)

lean proteins*

Included:

- Chicken, turkey, beef, lamb, pork (including ham with less than 700 mg sodium per 2-oz serving, and some brands of Canadian bacon), and veal: lean, trimmed, and with all skin removed.*
- Luncheon and deli meats, reduced-sodium, with 0.5 gram or less fat per 2-oz serving
- Most fish and shellfish: fresh, frozen, and canned in water
- Eggs: whole, whites, and egg substitutes
- Beans: dried, frozen, and canned, including edamame, fat-free refried, garbanzo (chick-peas), kidney, and white
- Dried peas, including black-eyed peas and split peas
- Lentils
- Meat substitutes, including vegetarian burgers and veggie “crumbles” with 2 grams or less of fat per serving

- Tofu
- Game meats, including buffalo, ostrich, and venison
- Organ meats from beef, lamb, pork, and veal

Not Included:

- Canned fish or shellfish packed in oil
- Meats or fish with breading or added fat
- Processed meats, such as hot dogs

plus more!

Included breads:

(Whole grains make the best choices)

- Reduced-calorie (light) breads
- Thin sandwich bread, including some wraps and flatbread*
- Reduced-calorie (light) rolls or buns, including hot dog and hamburger buns
- Reduced-calorie (light) English muffins
- Reduced-fat corn tortillas*

Included soups:

Broths and soups, reduced-sodium and light*

Enjoy the following foods as part of your meal or snack without having to count SmartPoints:

Healthy Oils

Include 2 tsp per day (for additional servings, count SmartPoints)	Flaxseed
	Olive
	Safflower
	Sunflower
	Canola

Beverages

Coffee (without added sugar)	Club soda
Tea (without added sugar)	Seltzer (plain or flavored, without added sugar)
Diet soda	Water

Seasonings & Condiments

Capers	Salad dressings, fat-free
Cocktail sauce	Shallots
Extracts and flavorings, unsweetened	Soy sauce (shoyu), reduced-sodium
Garlic	Spices
Herbs	Steak sauce
Hot sauce (pepper sauce)	Sugar substitutes
Ketchup	Syrups, sugar-free
Lemon/lime juice	Taco sauce
Margarine, fat-free	Teriyaki sauce, reduced-sodium
Mayonnaise, fat-free	Vinegar
Mustard	Worcestershire sauce
Nonstick cooking or baking spray	

*Refer to the Tracker or Mobile app for specific brands and/or cuts of meat.