

Weight Watchers Freestyle Point Foods



Fruits

- Apples
- Unsweetened applesauce
- Apricots
- Banana
- Berries
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Clementines
- Dates
- Figs
- Fruit cocktail
- Unsweetened fruit cup
- Fruit salad
- Grapefruit
- Grapes
- Guavas
- Honeydew melon
- Jackfruit
- Kiwifruit
- Kumquats
- Lemon
- 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
- Raspberries
- Satsuma mandarin
- Starfruit
- Strawberries
- Tangelo
- Tangerine
- Watermelon

Vegetables

- Arrowroot
- Artichoke hearts
- Artichokes
- Arugula
- Asparagus
- Bamboo shoots
- Beets
- Black-eye peas
- Broccoli rabe
- Broccoli slaw
- Broccolini
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Coleslaw mix
- Collards
- Corn (baby white, yellow, kernels, and on the cob)
- Cucumber
- Dakon
- Edamame
- Eggplant
- Endive
- Escarole
- Fennel
- Garlic
- Ginger root
- Greens
- Green beans
- Hearts of palm
- Hominy (canned)
- Jerusalem artichokes
- Jicama
- Kohlrabi
- 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
- Radishes
- Rutabagas
- Salad (mixed greens)
- Salsa verde
- Sauerkraut
- 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 northern
- 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
- Cattfish
- 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
- Gelilite 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

