

# Weight Watchers Food Point Chart

Apples  
Applesauce, unsweetened  
Apricots  
Arrowroot  
Artichoke hearts  
Artichokes  
Arugula  
Asparagus  
Bamboo shoots  
Banana  
Beans (all varieties)  
Beans, canned  fat-free refried  
Beets  
Berries (all varieties)  
Broccoli  
Broccoli rabe  
Broccoli slaw  
Broccolini  
Brussels sprouts  
Cabbage (all varieties)  
Calamari  
Cantaloupe  
Carrots  
Cauliflowe  
Caviar  
Celery  
Chard (all varieties)  
Cherries  
Chicken breast, ground (99% fat-free)  
Chicken breast or tenderloin (skinless, boneless or with bone)  
Clementines  
Coleslaw mix (packaged shredded cabbage and carrots)  
Collards  
Corn (baby ears, white, yellow, kernels, on the cob)  
Cranberries  
Cucumber  
Daikon  
Dates, fresh  
Dragon fruit

Edamame (pods or shelled)  
Egg substitutes  
Egg whites  
Eggs, whole, including yolks  
Eggplant  
Endive  
Escarole  
Fennel  
Figs, fresh  
Fish (all varieties, including smoked)  
Fruit cocktail  
Fruit cup, unsweetened  
Fruit salad  
Fruit, unsweetened  
Garlic  
Ginger root  
Grapefruit  
Grapes  
Greens (all varieties)  
Guavas  
Guavas, strawberries  
Hearts of palm  
Honeydew melon  
Jackfruit  
Jerk chicken breast  
Jerusalem artichokes (sunchokes)  
Jicama  
Kiwifruit  
Kohlrabi  
Kumquats  
Leeks  
Lemon  
Lemon zest  
Lentils  
Lettuce (all varieties)  
Lime  
Lime zest  
Lychees  
Mangoes  
Melon balls  
Mung bean sprouts  
Mung dal  
Mushroom caps  
Mushrooms (all varieties)

Nectarines  
Nori seaweed  
Okra  
Onions  
Oranges (all varieties)  
Papayas  
Parsley  
Passion fruit  
Pea shoots  
Peaches  
Pears  
Peas & carrots  
Peas (all varieties)  
Peppers (all varieties)  
Peppercini  
Persimmons  
Pickles, unsweetened  
Pico de gallo  
Pimientos, canned  
Pineapples  
Plumcots  
Plums  
Pomegranate seeds  
Pomegranates  
Pomelo  
Pumpkin  
Pumpkin puree, unsweetened  
Radicchio  
Radishes  
Raspberries  
Rutabagas  
Salad, mixed greens  
Salad, side without dressing  
Salad, three-bean without sugar or oil  
Salad, tossed without dressing  
Salsa, fat-free (all varieties)  
Sashimi (all varieties)  
Satay chicken without peanut sauce  
Sauerkraut  
Scallions  
Seaweed

Shallots  
Shellfish (all varieties)  
Spinach  
Sprouts (all varieties)  
Squash (all varieties)  
Starfruit  
Strawberries  
Succotash  
Tangelo  
Tangerines  
Taro  
Tofu (all varieties, including smoked)  
Tomatillos  
Tomato puree  
Tomato sauce  
Tomatoes (all varieties)  
Turkey breast, ground (99% fat free)  
Turkey breast or tenderloin (skinless, boneless or with bone)  
Turnips  
Vegetables, mixed  
Vegetables, stir fry without sauce  
Water chestnuts  
Watercress  
Watermelon  
Yogurt, plain, fat-free, unsweetened (all varieties including Greek and soy)