

Weight Watchers Food Points List

Name	Amount	Old Points	Old Points	Latest Points
Fruits				
Apple	1 small (4 oz.)	1	0	0
Banana	1 medium (6 oz.)	2	0	0
Mango	1 (8 oz.)	2	0	0
Orange	1 (4 oz.)	1	0	0
Pear	1 (5 oz.)	1	0	0
Peach	1 (6 oz.)	1	0	0
Watermelon	1 cup	1	0	0
Proteins				
Beef, regular, cooked	1 slice (2 oz.)	4	4	4
Chicken, cooked	1 slice (2 oz.)	2	3	0
Egg	1 (2 oz.)	2	2	0
Fish, Catfish, cooked	1 fillet (6 oz.)	6	7	0
Pork, cooked	1 slice (2 oz.)	5	6	3
Shrimp, cooked	1/2 cup (2 oz.)	1	1	0
Common Meals/Snacks				
Bread, regular	1 slice (1 oz.)	2	2	2
Butter	1 tea spoon	1	3	5
Caesar salad	3 cups	7	9	10
Hamburger	1 (McDonald Medium)	6	9	8
Cheeseburger	1 (McDonald Medium)	8	12	10
Chocolate	1 oz.	3	4	8
Cucumber	1 cup	0	0	0
Lettuce	1 cup	0	0	0
Tomato	1 cup	0	0	0
Pizza	1 slice (5 oz.)	6 - 10	8-14	10-16
Potato (uncooked)	1 cup (8 oz.)	3	4	5
Rice, cooked	1 cup	4	5	6
Sandwich	1	8 - 16	10-20	10-23
Beverages/Dairy				
Apple Cider / Juice	1 cup	2	3	5
Orange Juice	1 cup	3	4	6
Beer, regular	1 can or bottle	3	5	5
Coca-Cola Classic	1 cup	3	3	6
Diet Coke	1 cup	0	0	0
Sprite	1 cup	3	3	6
Milk, low-fat (1%)	1 cup	2	3	4
Milk, low-fat (2%)	1 cup	3	4	5
Milk, whole	1 cup	4	5	7
Yogurt	1 cup	4	6	0