

Weight Watchers Point List

FRUITS

Apples
Applesauce, unsweetened
Apricots, fresh
Bananas
Blackberries
Blueberries
Cantaloupe
Cherries
Clementines
Cranberries, fresh
Dragon fruit
Figs, fresh
Frozen mixed berries, unsweetened
Fruit cocktail, unsweetened
Fruit salad, unsweetened
Grapefruit
Grapes
Guava
Honeydew
Kiwi
Kumquats
Lemons
Limes
Mangoes
Meyer lemons
Nectarines
Oranges
Papayas
Peaches
Pears
Persimmons
Pineapples
Plums
Pomegranates
Pomelo
Raspberries
Star fruit
Strawberries
Tangerines
Watermelon



BEANS & LEGUMES

Adzuki beans
Alfalfa sprouts
Bean sprouts
Black beans
Black-eyed peas
Cannellini beans
Chickpeas
Edamame
Fava beans
Great Northern beans
Hominy
Kidney beans
Lentils
Lima beans
Lupini beans
Navy beans
Pinto beans
Refried beans, canned, fat-free
Soy beans

CHICKEN & TURKEY BREAST

Ground chicken breast
Ground turkey, 98% fat-free
Ground turkey breast
Skinless chicken breast
Skinless turkey breast

EGGS

Egg substitute
Egg whites
Egg yolks
Eggs

TOFU & TEMPEH

Silken tofu
Smoked tofu
Soft tofu
Tempeh

NONFAT YOGURT & SOY YOGURT

Greek yogurt, plain, nonfat
Plain yogurt, nonfat
Quark, plain, up to 1% fat
Soy yogurt, plain