

WEIGHT WATCHERS

zero points

FRUITS

Apples	Cherries	Fruit Cocktail	Jack Fruit	Lychees	Peach	Pumpkin
Applesauce	Clementines	Fruit Cup	Jicama	Mangoes	Pear	Starfruit
Apricots	Cranberries	Grapefruit	Kiwi	Nectarine	Pineapple	Watermelon
Banana	Dates	Grapes	Kumquat	Orange	Plum	
Berries	Dragon Fruit	Guavas	Lemon	Papaya	Plumcots	
Cantaloupe	Figs	Honeydew	Lime	Passionfruit	Pomegranate	

VEGETABLES

Arrowroot	Broccoli slaw	Corn	Kohlrabi	Pimientos, canned
Artichoke hearts	Broccolini	Cucumber	Mung dal	Radicchio
Artichokes	Brussels sprouts	Daikon	Mushrooms	Rutabagas
Arugula	Cabbage	Edamame	Okra	Salad
Asparagus	Carrots	Eggplant	Onions	Scallions
Bamboo shoots	Cauliflower	Endive	Peas	Shallots
Beans	Celery	Escarole	Peppers	Spinach
Beets	Swiss chard	Fennel	Pepperoncinis	Sprouts
Broccoli	Coleslaw	Greens	Pickles, unsweetened	
Broccoli rabe	Collards	Hearts of Palm	Pico de gallo	

MEAT/SEAFOOD

Calamari	Jerk Breast Chicken	Shellfish
Caviar	Nori Seaweed	Tofu
Chicken	Sashimi	Turkey Breast
Fish (list below)	Satay, chicken,	Turkey, ground
Fish Fillet	without peanut sauce	

MISC

Salsa	Yogurt, plain,
Sauerkraut	nonfat, unsweetened
Yogurt, Greek,	Yogurt, soy, plain
plain, nonfat, unsweetened	