

# WEIGHT WATCHERS ZERO POINT FOOD LIST

Acorn Squash  
Artichoke hearts, no oil  
Artichokes  
Arugula  
Asparagus  
Baby Corn  
Bamboo shoots  
Basil  
BeetGreens  
Beets  
Bibb Lettuce  
Bok Choy  
Broccoli  
Broccoli rabe  
Broccoli slaw  
Brussel Sprouts  
Butter Lettuce  
Butternut Squash  
Cabbage  
Carrots  
Cauliflower  
Cauliflower Rice  
Celery  
Chives  
Cilantro  
Coleslaw  
Coleslaw Mix  
Collard Greens  
Cucumber  
Eggplant  
Romaine lettuce  
Rosemary  
Rutabaga  
Radishes  
Salsa  
Fat free  
Sauerkraut  
Scallions  
Shallots  
Spaghetti Squash  
Spinach  
String beans

Endive  
Escarole  
Fennel  
Frozen stir fry veggies  
Garlic  
Ginger  
Green leaf lettuce  
Hearts of palm  
Iceberg Lettuce  
Jicama  
Kale  
Kohlrabi  
Leeks  
Mixed Greens  
Mushrooms  
Mint  
Mustard Greens  
Napa Cabbage  
Nori (seaweed)  
Oakleaf lettuce  
Okra  
Onions  
Oregano  
Parsley  
Pea Shoots  
Peppers  
Pickles, unsweetened  
Pico de gallo  
Pumpkin  
Pumpkin puree  
Red Leaf lettuce  
Summer squash  
Swiss Chard  
Tarragon  
Thyme  
Tomatillos  
Tomato puree  
Canned Tomato sauce  
Canned Tomatoes  
Turnips  
Water Chestnuts  
Wax beans  
Zucchini

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