Weight Watchers Points List Foods

Bacon medallions Baked beans

Beans & pulses:

- Aduki

- Black-eyed
- Borlotti
- Broad
- Butter
- Cannellini
- Chickpeas
- Flageolet
- French
- Green
- Haricot
- Kidney
- Lentils
- Mixed pulses
- Mung
- Pinto
- Runner
- Sova
- Split peas

- Braising steak, lean
- Fillet steak, lean
- Mince, extra-lean
- Rump steak, lean
- Silverside, lean
- Sirloin steak, lean
- Stewing steak, lean

Bread, small sliced, brown, calorie-controlled

Buckwheat

Bulgur wheat

Cheese:

- Cottage, low fat, natural
- Quark, natural

Chicken:

- Breast, skinless
- Drumstick, skinless
- Leg. skinless
- Mince
- Wafer thin

Couscous. wholewheat

Crabsticks

Crumpets

Egg, whole:

- Duck
- Goose - Hen
- Egg white

Fish*

- Cod
- Cod, smoked
- Coley
- Dover sole
- Grouper
- Haddock
- Haddock, smoked
- Hake
- Halibut
- Herring roe, soft
- Hoki
- John Dory
- Lemon sole
- Monkfish
- Mullet
- Orange roughy
 - Pike
 - Plaice
 - Pollock
- Red snapper
- Rock salmon
- Salmon
- Salmon, tinned, pink/red
- Sardines
- Sea bass
- Sea bream (red fish)
- Shark
- Skate
- Squid
- Swordfish
- Tilapia
- Trout
- Trout, smoked
- Tuna in brine/spring water
- Turbot
- Whiting

Fromage frais, natural, fat-free

- Fresh (except avocado)
- Frozen
- Tinned in natural juice, drained

Gammon steak

Garlic

Ginger

Goat

Guinea fowl

- Premium
- Pre-packed slices
- Wafer thin

Heart, lambs

Herbs, fresh

Jelly, sugar-free

Kidney:

- Lamb
- Pig

Liver:

- Calf
- Chicken
- Lamb
- Ox
- Pig

Milk:

- Skimmed
- Unsweetened almond
- Unsweetened soya

Millet

Nori

Oat bran

Oats

Octopus

Partridge

Passata

Pasta, wholewheat

Pigeon

Popping corn

Pork:

- Escalope
- Fillet, lean
- Leg, lean
- Loin steak, lean
- Mince, extra-lean - Shoulder, lean
- Tenderloin

Potatoes, all types

Puffed wheat, no added sugar or salt

Quinoa

Quorn:

- Bacon-style rashers
- Fillet
- Mince
- Pieces

brown

Rabbit

Rice, brown

Sandwich thins,

Shellfish:

- Clams
- Cockles
- Crab
- Crab in brine, drained
- Crayfish
- Lobster
- Mussels
- Oysters
- Prawns, all types
- Scallops
- Shrimps
- Whelks - Winkles

Shredded Wheat (or supermarket alternative)

Soya mince

Tofu, regular/smoked

Turkey:

- Breast mince
- Breast, skinless
- Roasted, skinless
- Steak
- Thigh, skinless
- Wafer thin

Vegetables:

Veal escalope

- Fresh
- Frozen
- Tinned in water or brine

Venison, lean

Weight Watchers:

- Brown Danish Bread
- Extra Trimmed Bacon
- Original Breakfast Oats
- Petits Pains - Pitta Breads, white
- and wholemeal
- Tortillas

- Wraps

Wheat bran

Wheat germ

- Yogurt: - Greek, 0% fat
- Fat-free natural - Low-fat natural
- Soya, plain

UNLIMITED FLAVOUR BOOSTERS AND DRINKS

Artificial sweetener

Balsamic vinegar Capers

or flakes

Chilli, fresh, dried

Fat-free salad dressing

Fish sauce (Nam Pla)

Curry powder

Garlic

Ginger

Harissa paste

Herbs and spices, fresh and dried

Hot pepper sauce (Tabasco)

Lemongrass Lemon juice

Lime juice

Mustard, any type

Stock cubes

Tomato purée

Vanilla extract

Worcestershire sauce

Bag 'n' Bake Weight Watchers Mixed

Herbs Salad Dressing

Zest of citrus fruits

Weight Watchers

Salt and pepper Yeast extract (Marmite) Soy sauce