

# Weight Watchers Food Point

These fruits, veggies, condiments and other foods are all zero **PointsPlus** values:

Acorn squash  
Apples  
Applesauce (unsweetened)  
Apricots  
Artichokes  
Arugula  
Asparagus  
Bamboo shoots  
Bananas  
Bean sprouts  
Beets  
Bell peppers  
Blackberries  
Blueberries  
Broccoli  
Broccoli rabe  
Broth  
Brussels sprouts  
Butternut squash  
Cabbage  
Canned Fruit (no sugar added & packed in water)  
Canned Fruit (packed in its own juice & drained)  
Carrots  
Cantaloupe  
Cauliflower  
Celery  
Cherries  
Clementines  
Cranberries (fresh)  
Cucumber  
Currants  
Dates (fresh)  
Diet soda  
Egg substitute/whites (1serving)  
Eggplant  
Elderberries  
Endive

Escarole  
Fennel  
Figs (fresh)  
Fruit cocktail (in water)  
Gelatin (sugar-free)  
Gooseberries  
Grape leaves  
Grapefruit  
Grapes  
Greens (beet, collard, dandelion, kale, mustard, swiss chard, turnip)  
Hearts of palm  
Honeydew  
Horseradish  
Hot peppers  
Hot sauce  
Ice pops (fruit-flavored; reduced-calorie)  
Jalapeno peppers  
Jicama  
Ketchup (1 serving)  
Kim chee  
Kiwifruit  
Kohlrabi  
Leeks  
Lemons  
Lettuce  
Limes  
Loganberries  
Loquats  
Lychees  
Mandarin Oranges  
Mangoes  
Mixed greens  
Mushrooms  
Mustard  
Nectarines  
Okra  
Onions  
Oranges

Papaya  
Passion fruit  
Peaches  
Pears  
Pickles (unsweetened)  
Pico de gallo  
Pineapple  
Plums  
Pomegranates  
Pumpkin  
Radicchio  
Radishes  
Raspberries  
Rhubarb  
Rutabaga  
Salsa  
Sauerkraut  
Scallions  
Seltzer  
Side-salad without dressing or croutons (fast-food)  
Soy sauce  
Snow peas  
Spaghetti squash  
Spinach  
Squash (all types of winter and summer)  
Steak sauce  
Strawberries  
String Beans  
Sugar snap peas  
Tangerines  
Tomatoes  
Turnips  
Vinegar  
Water chestnuts  
Watercress  
Watermelon  
Zucchini