

Zero Point Foods

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| Fruits | Beets | Shallots | Eel |
| Apples | Black-eye peas | Spinach | Egg substitutes |
| Unsweetened applesauce | Broccoli | Sprouts | Egg whites |
| Apricots | Broccoli rabe | Squash (all varieties) | Eggs (including yolks) |
| Banana | Broccoli slaw | Succotash | Fish fillet (grilled with lemon pepper) |
| Berries | Broccolini | Swiss Chard | Flounder |
| Blackberries | Brussel sprouts | Taro | Gefilte fish |
| Blueberries | Cabbage | Three bean salad | Groupers |
| Cantaloupe | Carrots | Tomatillos | Haddock |
| Cherries | Cauliflower | Tomato puree | Halibut |
| Clementines | Celery | Tomato sauce | Herring |
| Dates | Coleslaw mix | Tomatoes (all varieties) | Jerk chicken breast |
| Figs | Collards | Water chestnuts | Lobster |
| Fruit cocktail | Corn (baby, white, yellow, kernels, and on the cob) | Watercress | Mackerel |
| Unsweetened fruit cup | Cucumber | Beans | Mahimahi |
| Fruit salad | Dakon | Adzuki | Monkfish |
| Grapefruit | Edaname | Black | Mussels |
| Grapes | Eggplant | Broad (fava) | Octopus |
| Guavas | Endive | Butter | Orange roughy |
| Honeydew melon | Escarole | Cannellini | Oysters |
| Jackfruit | Fennel | Cranberry (Roman) | Perch |
| Kiwifruit | Garlic | Garbanzo (chickpeas) | Pike |
| Kumquats | Ginger root | Great northern | Pollack |
| Lemon | Greens | Kidney | Pompano |
| Lemon zest | Green beans | Lima | Rainbow trout |
| Lime | Hearts of palm | Lupini | Rockfish |
| Lime zest | Hominy (canned) | Mung | Roe |
| Lychees | Jerusalem artichokes | Navy | Sablefish |
| Mangoes | Jicama | Pink | Salmon |
| Melon balls | Kohlrabi | Refried, fat free | Sardines |
| Nectarine | Leeks | Small white | Sashimi |
| Oranges (all varieties) | Lentils | Snap | Satay chicken (without peanut sauce) |
| Papayas | Lettuce | Soy | Scallops |
| Passion fruit | Mung bean sprouts | String | Sea bass |
| Peaches | Mung dal | Wax | Shrimp |
| Pears | Mushroom caps | White | Smelt |
| Persimmons | Mushrooms (all varieties) | Protein | Snapper |
| Pineapple | Nori seaweed | Abalone | Sole |
| Plumcots | Okra | Anchovies | Squid |
| Plums | Onions | Arctic Char | Striped bass |
| Pomegranate seeds | Parsley | Blue Fish | Striped mullet |
| Pomegranates | Pea shoots | Branzino (sea bass) | Sturgeon |
| Pomelo | Peas (green, snow, split, sugar snap) | Butterfish | White sucker |
| Pumpkin | Pea pods | Calamari | Sunfish |
| Pumpkin puree | Peppers (all varieties) | Carp | Swordfish |
| Razberries | Pepperoncini | Catfish | Tilapia |
| Satsuma mandarin | Pickles (unsweetened) | Caviar | Tilefish |
| Starfruit | Pico de gallo | Clams | Tofu (all varieties) |
| Strawberries | Pimientos | Cod | Tuna |
| Tangelo | Radicchio | Ground chicken breast (99% fat free) | Ground turkey breast (99% fat free) |
| Tangerine | Radishes | Chicken breast or tenderloin (boneless and skinless) | Turkey breast or tenderloin (skinless) |
| Watermelon | Rutabagas | Crab | Greek yogurt (plain, nonfat and unsweetened) |
| Vegetables | Salad (mixed greens) | Crayfish | Yogurt (plain, nonfat and unsweetened) |
| Arrowroot | Salsa verde | Cuttlefish | Soy yogurt (plain) |
| Artichoke hearts | Salsa (fat free) | Drum | Whitefish |
| Artichokes | Sauerkraut | | Whiting |
| Arugula | Scallions | | |
| Asparagus | Seaweed | | |
| Bamboo Shoots | | | |