

WW Freestyle Zero Points Food List

- Apples
- Applesauce, unsweetened
- Apricots
- Arrowroot
- Artichoke hearts
- Artichokes
- Arugula
- Asparagus
- Bamboo shoots
- Banana
- Beans (all varieties)
- Beans, canned fat-free refried
- Beets
- Berries (all varieties)
- Broccoli
- Broccoli rabe
- Broccoli slaw
- Broccolini
- Brussels sprouts
- Cabbage (all varieties)
- Calamari
- Cantaloupe
- Carrots
- Cauliflower
- Caviar
- Celery
- Chard (all varieties)
- Cherries
- Chicken breast, ground (99% fat-free)
- Chicken breast or tenderloin (skinless, boneless or with bone)
- Clementines
- Coleslaw mix (packaged shredded cabbage and carrots)
- Collards
- Corn (baby ears, white, yellow, kernels, on the cob)
- Cranberries
- Cucumber
- Daikon
- Dates, fresh
- Dragon fruit
- Edamame (pods or shelled)
- Egg substitutes
- Egg whites
- Eggs, whole, including yolks
- Eggplant
- Endive
- Escarole
- Fennel
- Figs, fresh
- Fish (all varieties, including smoked)
- Fruit cocktail
- Fruit cup, unsweetened
- Fruit salad
- Fruit, unsweetened
- Garlic
- Ginger root
- Grapefruit
- Grapes
- Greens (all varieties)
- Guavas
- Guavas, strawberries
- Hearts of palm
- Honeydew melon
- Jackfruit
- Jerk chicken breast
- Jerusalem artichokes (sunchokes)
- Jicama
- Kiwifruit
- Kohlrabi
- Kumquats
- Leeks
- Lemon
- Lemon zest
- Lentils
- Lettuce (all varieties)
- Lime
- Lime zest
- Lychees
- Mangoes
- Melon balls
- Mung bean sprouts
- Mung dal
- Mushroom caps
- Mushrooms (all varieties)
- Nectarines
- Nori seaweed
- Okra
- Onions
- Oranges (all varieties)
- Papayas
- Parsley
- Passion fruit
- Pea shoots
- Peaches
- Pears
- Peas & carrots
- Peas (all varieties)
- Peppers (all varieties)
- Pepperoncini
- Persimmons
- Pickles, unsweetened
- Pico de gallo
- Pimientos, canned
- Pineapples
- Plumcots
- Plums
- Pomegranate seeds
- Pomegranates
- Pomelo
- Pumpkin
- Pumpkin puree, unsweetened
- Radicchio
- Radishes
- Raspberries
- Rutabagas
- Salad, mixed greens
- Salad, side without dressing
- Salad, three-bean without sugar or oil
- Salad, tossed without dressing
- Salsa, fat-free (all varieties)
- Sashimi (all varieties)
- Satay chicken without peanut sauce
- Sauerkraut
- Scallions
- Seaweed
- Shallots
- Shellfish (all varieties)
- Spinach
- Sprouts (all varieties)
- Squash (all varieties)
- Starfruit
- Strawberries
- Succotash
- Tangelo
- Tangerines
- Taro
- Tofu (all varieties, including smoked)
- Tomatillos
- Tomato puree
- Tomato sauce
- Tomatoes (all varieties)
- Turkey breast, ground (99% fat-free)
- Turkey breast or tenderloin (skinless, boneless or with bone)
- Turnips
- Vegetables, mixed
- Vegetables, stir fry without sauce
- Water chestnuts
- Watercress
- Watermelon
- Yogurt, plain, fat-free, unsweetened (all varieties including Greek and soy)