

Weight Watchers Program Diabetes Zero Point Foods List

Avocado

Beans & Legumes:

Adzuki beans, Alfalfa sprouts, Bean sprouts, Black beans, Black-eyed peas, Cannellini, Chickpeas, Edamame, Fava beans, Great Northern beans, Green peas, Kidney beans, Lentils, Lima beans, Lupini beans, Navy beans, Peas, Pinto beans, Refried beans (canned, fat-free), Soy beans, Split Peas.

Chicken & Turkey Breast:

Ground chicken breast, Ground turkey (98% fat-free), Ground turkey breast, Skinless chicken breast, Skinless turkey breast.

Eggs:

Liquid Egg substitute made from egg whites, Egg whites, Egg yolks, Eggs, Eggs hard-boiled or soft-boiled, Eggs scrambled made without fat.

Fish & Shellfish:

Abalone, Alaskan king crab, Anchovies-in water, Arctic char, Bluefish, Branzino, Butterfish, Canned tuna-in water, Carp, Catfish, Caviar, Clams, Cod, Crabmeat-lump, Crayfish, Cuttlefish, Eel, Fish roe, Flounder, Grouper, Haddock, Halibut, Herring, Lobster, Mahi mahi, Monkfish, Mussels, Octopus, Orange roughy, Oysters, Perch, Pike, Pollock, Pompano, Salmon, Sardines-in water or sauce, Sashimi, Scallops, Sea bass, Sea cucumber, Sea urchin, Shrimp, Smelt, Smoked haddock, salmon, trout, whitefish, Snails, Snapper, Sole, Squid, Steelhead trout, Striped bass, Sturgeon, Swordfish, Tilapia, Trout, Tuna, Turbot, Wahoo, Whitefish.

Non-Starchy Vegetables:

Artichoke hearts-no oil, Arugula, Asparagus, Baby corn, Bamboo shoots, Beet greens, Beets, Bell Peppers, Bok choy, Broccoli, Broccoli rabe, Broccoli slaw, Brussels sprouts, Butter lettuce Bib or Boston, Butternut squash, Cabbage, Canned pimientos, Carrots, Cauliflower, Cauliflower rice, Celery, Chiles, Coleslaw mix, Collard greens, Cucumber, Delicata squash, Eggplant, Endive, Escarole, Fennel, Frozen stir-fry vegetables-no sauce, Frozen Vegetable mixes, Green Beans, Green leaf lettuce, Hearts of palm, Iceberg lettuce, Jalapeno Peppers, Jicama, Kale, Kolrabi, Leeks, Mixed greens, Mushrooms, Mustard greens, Napa cabbage, Nori, Oak leaf lettuce, Okra, Onions, Pea shoots, Pickles unsweetened, Pico de gallo, Pumpkin, Pumpkin puree, Radishes, Red leaf lettuce, Romaine lettuce, Rutabaga, Salsa-fat-free, Sauerkraut, Scallions, Shallots, Snow peas, Spaghetti squash, Spinach, Summer squash, Sugar snap peas, Swiss chard, Tomatillos, Tomato puree-canned, Tomatoes, Turnips, Water chestnuts, Wax beans, Zucchini.

Tofu & Tempeh:

Firm tofu, Silken tofu, Smoked tofu, Soft tofu, Tempeh.