

fruits

Included:

- All individual or mixed fruits: fresh, frozen, or canned or jarred in water, without added sugar
- Fruit canned or jarred in its own or another juice, without added sugar, drained
- Fruit salad or cocktail: mixed fruits without added sugar

Not Included:

- Dried fruits
- Juices, including the juice in which fruit is canned or jarred

vegetables

Included:

- Most individual or mixed vegetables: fresh, frozen, canned, or jarred, without added sugar or oil, whether or not it has a SmartPoints value per serving, including:
- Corn: whole kernel and on the cob
 - Peas: green
 - Potatoes: white, red, sweet
 - Salsa: fat-free and without added sugar, including salsa with fruit

Not Included:

- Avocados
- French fries
- Juices
- Olives
- Pickled vegetables
- Plantains
- Vegetables prepared with ingredients that are not no-count foods (such as corn in butter sauce, dried tomatoes packed in oil)

whole grains

Included:

- Cereals, cold, ready-to-eat, whole-grain, without dried fruits or nuts, with no more than 1 gram of sugar, and with 3 grams or more of fiber per serving
- Cereals, hot, cooked, and without added sugar, dried fruits, or nuts, including:
 - 100% bran
 - Cream of rice/cream of wheat
 - Grits
 - Oatmeal
- Brown rice and wild rice
- Pasta, whole-grain, including:
 - Whole-grain macaroni, noodles, and spaghetti
 - Whole-wheat pasta
 - Gluten-free pasta, such as most brown rice pastas, quinoa pastas, and corn pastas*
- Whole grains, such as:
 - Barley
 - Buckwheat
 - Bulgur
 - Cornmeal
 - Polenta
 - Farro

- Popcorn: plain air-popped, plain or light micro-wave-popped, and 94% fat-free micro-wave-popped
- Quinoa
- Spelt
- Whole-wheat couscous

Not Included:

- Flavored rice mixes
- Fried rice
- White rice
- Regular pasta

dairy & dairy substitutes

Included:

- Fat-free milk, and fat-free and sugar-free beverages made with fat-free milk, including:
 - Fat-free and sugar-free cappuccino
 - Fat-free and sugar-free latte
- Fat-free cheeses, including:
 - Fat-free cottage cheese
 - Fat-free cream cheese
- Fat-free ricotta cheese
- Fat-free sliced or shredded cheese
- Fat-free sour cream
- Fat-free plain yogurt, and some light yogurts, regular or Greek*
- Soy cheese
- Unflavored soy milk and soy yogurt

Not Included:

- Fat-free evaporated milk
- Fat-free sweetened condensed milk
- Fat-free creamers (including half and half)

lean proteins*

Included:

- Chicken, turkey, beef, lamb, pork (including ham with less than 700 mg sodium per 2-oz serving, and some brands of Canadian bacon), and veal: lean, trimmed, and with all skin removed.*
- Luncheon and deli meats, reduced-sodium, with 0.5 gram or less fat per 2-oz serving
- Most fish and shellfish: fresh, frozen, and canned in water
- Eggs: whole, whites, and egg substitutes
- Beans: dried, frozen, and canned, including edamame, fat-free refried, garbanzo (chick-peas), kidney, and white
- Dried peas, including black-eyed peas and split peas
- Lentils
- Meat substitutes, including vegetarian burgers and veggie “crumbles” with 2 grams or less of fat per serving

- Tofu
- Game meats, including buffalo, ostrich, and venison
- Organ meats from beef, lamb, pork, and veal

Not Included:

- Canned fish or shellfish packed in oil
- Meats or fish with breading or added fat
- Processed meats, such as hot dogs

plus more!

Included breads:

(Whole grains make the best choices)

- Reduced-calorie (light) breads
- Thin sandwich bread, including some wraps and flatbread*
- Reduced-calorie (light) rolls or buns, including hot dog and hamburger buns
- Reduced-calorie (light) English muffins
- Reduced-fat corn tortillas*

Included soups:

Broths and soups, reduced-sodium and light*

Enjoy the following foods as part of your meal or snack without having to count SmartPoints:

Healthy Oils

Include 2 tsp per day (for additional servings, count SmartPoints)

Canola

Beverages

- Coffee (without added sugar)
- Tea (without added sugar)
- Diet soda

- Flaxseed
- Olive
- Safflower
- Sunflower

Club soda

- Seltzer (plain or flavored, without added sugar)
- Water

Seasonings & Condiments

- Capers
- Cocktail sauce
- Extracts and flavorings, unsweetened
- Garlic
- Herbs
- Hot sauce (pepper sauce)
- Ketchup
- Lemon/lime juice
- Margarine, fat-free
- Mayonnaise, fat-free
- Mustard
- Nonstick cooking or baking spray
- Salad dressings, fat-free
- Shallots
- Soy sauce (shoyu), reduced-sodium
- Spices
- Steak sauce
- Sugar substitutes
- Syrups, sugar-free
- Taco sauce
- Teriyaki sauce, reduced-sodium
- Vinegar
- Worcestershire sauce

*Refer to the Tracker or Mobile app for specific brands and/or cuts of meat.