

Weight Watchers Food Point Chart

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
 Cauliflowe
 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)