

WEIGHT WATCHERS FREESTYLE

# Zero Point Foods

<b>Fruits</b>	<b>Beets</b>	<b>Shallots</b>	<b>Eel</b>
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	Grouper
Cantaloupe	Carrots	Tomatillos	Haddock
Cherries	Cauliflower	Tomato puree	Halibut
Clementines	Celery	Tomato sauce	Herring
Dates	Coleslaw mix	Tomatoes (all varieties)	Jerk chicken breast
Figs	Corn (baby, white, yellow, kernels, and on the cob)	Water chestnuts	Lobster
Fruit cocktail	Collards	Watercress	Mackerel
Unsweetened fruit cup	Cucumber	<b>Beans</b>	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)	<b>Protein</b>	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)
<b>Vegetables</b>	Salad (mixed greens)	Crayfish	Yogurt (plain, nonfat and unsweetened)
Arrowroot	Salsa verde	Cuttlefish	Soy yogurt (plain)
Artichoke hearts	Salsa (fat free)	Drum	Whitening
Artichokes	Saurkraut		
Arugula	Scallions		
Asparagus	Seaweed		
Bamboo Shoots			