

WW Freestyle Zero Points Food List

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