

# Weight Watchers Points

## BEANS & LEGUMES

Adzuki beans  
Alfalfa sprouts  
Bean sprouts  
Black beans  
Black-eyed peas  
Cannellini beans  
Chickpeas  
Edamame  
Fava beans  
Great Northern beans  
Hominy  
Kidney beans  
Lentils  
Lima beans  
Lupini beans  
Navy beans  
Pinto beans  
Refried beans, *canned, fat-free*  
Soy beans

## CHICKEN & TURKEY BREAST

Ground chicken breast  
Ground turkey, *98% fat-free*  
Ground turkey breast  
Skinless chicken breast  
Skinless turkey breast

## DAIRY & DAIRY ALTERNATIVES

Cottage cheese, *plain, nonfat*  
Greek yogurt, *plain, nonfat*  
Plain yogurt, *nonfat*  
Quark, *plain, up to 1% fat*  
Soy yogurt, *plain*

## EGGS

Egg substitute  
Egg whites  
Egg yolks  
Eggs

## FISH/SHELLFISH

Abalone  
Alaskan king crab  
Anchovies  
Arctic char  
Bluefish  
Branzino  
Butterfish  
Canned tuna, *in water*  
Carp  
Catfish  
Caviar  
Clams

Cod  
Crabmeat, *lump*  
Crayfish  
Cuttlefish  
Dungeness crab  
Eel  
Fish roe  
Flounder  
Grouper  
Haddock  
Halibut  
Herring  
Lobster  
Mahi mahi  
Monkfish  
Mussels  
Octopus  
Orange roughy  
Oysters  
Perch  
Pike  
Pollock  
Pompano  
Salmon  
Sardines, *canned in water or sauce*  
Sashimi  
Scallops  
Sea bass  
Sea cucumber  
Sea urchin  
Shrimp  
Smelt  
Smoked haddock  
Smoked salmon  
Smoked sturgeon  
Smoked trout  
Smoked whitefish  
Snails  
Snapper  
Sole  
Squid  
Steelhead trout  
Striped bass  
Sturgeon  
Swordfish  
Tilapia  
Trout  
Tuna  
Turbot  
Wahoo  
Whitefish

## FRUITS

Apples  
Applesauce, *unsweetened*  
Apricots, *fresh*  
Bananas  
Blackberries  
Blueberries  
Cantaloupe  
Cherries  
Clementines

Cranberries, *fresh*  
Dragon fruit  
Figs, *fresh*  
Frozen mixed berries, *unsweetened*  
Fruit cocktail, *unsweetened*  
Fruit salad, *unsweetened*  
Grapefruit  
Grapes  
Guava  
Honeydew  
Kiwi  
Kumquats  
Lemons  
Limes  
Mangoes  
Meyer lemons  
Nectarines  
Oranges  
Papayas  
Peaches  
Pears  
Persimmons  
Pineapples  
Plums  
Pomegranates  
Pomelo  
Raspberries  
Star fruit  
Strawberries  
Tangerines  
Watermelon

## POTATOES & SWEET POTATOES

Baby potatoes  
Baked potatoes  
Baked sweet potatoes  
Canned sweet potato, *unsweetened*  
Cassava  
Fingerling potatoes  
Frozen potatoes, *prepared without fat*  
Idaho potatoes  
Japanese sweet potato  
Mashed potatoes, *plain*  
Mashed sweet potatoes, *plain*  
New potatoes  
Oven-roasted potato wedges, *without oil*  
Oven-roasted sweet potato fries, *without oil*  
Purple potatoes  
Red potatoes  
Roasted potatoes, *without oil*

Roasted sweet potatoes, *without oil*  
Russet potatoes  
Sweet potatoes  
Taro  
White potatoes  
Yams  
Yellow potatoes  
Yucca  
Yukon gold potatoes

## TOFU & TEMPEH

Firm tofu  
Silken tofu  
Smoked tofu  
Soft tofu  
Tempeh

## VEGETABLES (STARCHY)

Canned corn  
Corn  
Green peas  
Parsnips  
Peas  
Split peas  
Succotash

## VEGETABLES (NON-STARCHY)

Acorn squash  
Artichoke hearts, *no oil*  
Artichokes  
Arugula  
Asparagus  
Baby corn  
Bamboo shoots  
Basil  
Beet greens  
Beets  
Bok choy  
Broccoli  
Broccoli rabe  
Broccoli slaw  
Brussels sprouts  
Butter/Bibb lettuce  
Butternut squash  
Cabbage  
Canned pimientos  
Carrots  
Cauliflower  
Cauliflower rice  
Celery  
Chives  
Cilantro  
Coleslaw mix  
Collard greens  
Cucumber  
Eggplant  
Endive  
Escarole  
Fennel  
Frozen stir-fry vegetables, *no sauce*  
Garlic

Ginger  
Green leaf lettuce  
Hearts of palm  
Iceberg lettuce  
Jicama  
Kale  
Kohlrabi  
Leeks  
Mint  
Mixed greens  
Mushrooms  
Mustard greens  
Napa cabbage  
Nori (seaweed)  
Oak leaf lettuce  
Okra  
Onions  
Oregano  
Parsley  
Pea shoots  
Peppers  
Pickles, *unsweetened*  
Pico de gallo  
Pumpkin  
Pumpkin puree  
Radishes  
Red leaf lettuce  
Romaine lettuce  
Rosemary  
Rutabaga  
Salsa, *fat-free*  
Sauerkraut  
Scallions  
Shallots  
Spaghetti squash  
Spinach  
String beans  
Summer squash  
Swiss chard  
Tarragon  
Thyme  
Tomatillos  
Tomato puree, *canned*  
Tomato sauce, *canned*  
Tomatoes  
Turnips  
Water chestnuts  
Wax beans  
Zucchini

## WHOLE-WHEAT PASTA & GRAINS

Air-popped popcorn, *no oil or sugar*  
Air-popped popcorn, *no oil or sugar, with salt and/or spices*  
Amaranth  
Ancient grain mix, *no seeds*  
Barley  
Black bean pasta

Brown basmati rice  
Brown rice  
Brown rice cereal, *100%*  
Brown rice noodles  
Brown rice pasta  
Brown ricequinoa blend  
Buckwheat  
Buckwheat soba noodles  
Bulgur  
Chickpea pasta  
Corn pasta  
Edamame pasta  
Farro  
Freekeh  
Instant brown rice  
Instant oatmeal, *plain*  
Kamut  
Kasha  
Lentil pasta  
Millet  
Oatmeal, *plain*  
Oats  
Pea pasta  
Popcorn kernels for at-home popping  
Quick-cooking barley  
Quick-cooking brown rice  
Quick-cooking regular oats  
Quick-cooking steel-cut oats  
Quinoa  
Quinoa pasta  
Red quinoa  
Rolled oats  
Rye berries  
Shirataki noodles  
Sorghum  
Soybean pasta  
Spelt  
Spelt berries  
Steel-cut oats  
Teff  
Thai brown rice  
Tri-color quinoa  
Wheat berries  
Whole-grain pasta  
Whole-grain sorghum  
Whole-wheat couscous  
Whole-wheat pasta  
Wild rice  
Wild rice/brown rice blend