

## Weight Watchers Food Point Chart

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