

Weight Watchers Point

Beans & Legumes

Adzuki beans
Alfalfa sprouts
Black beans
Black-eyed peas
Cannellini beans
Chickpeas
Edamame
Fava beans
Great Northern beans
Honey
Kidney beans
Lentils
Lima beans
Lupini beans
Navy beans
Pinto beans
Riced, fat-free
Soy beans

Chicken & Turkey Breast

Ground chicken breast
Ground turkey
95% 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
Cuttletfish
Dungeness crab
Eel

Fish roe
Flounder
Grouper
Halibut
Herring
Lobster
Mahi mahi
Mushfish
Mussels
Octopus
Orange roughy
Oysters
Perch
Pike
Pillchuck
Pompano
Salmon
Sashimi
Scallops
Sea bass
Sea cucumber
Sea urchin
Shrimp

Fruits

Apples
Applesauce, unsweetened
Apricots, fresh
Bananas
Blackberries
Cantaloupe
Cherries
 Clementines
Cranberries, fresh
Dragon fruit
Figs, fresh
Frozen mixed berries, unsweetened
Fruit salad, unsweetened
Grapes
Grapefruit
Grapes
Guava
Honeydew
Kiwi
Kumquats
Lemons
Limes
Mangoes
Meyer lemons
Nectarines
Oranges
Papayas
Peaches
Pears
Persimmons
Pineapples
Plums
Pomegranates
Pomelo
Raspberries
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
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
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
Broccoli sprouts
Butter/Bibb lettuce
Butternut squash
Cabbage
Canned pimientos
Carrots
Cauliflower
Cauliflower rice
Celery

Chives
Cilantro
Coleslaw mix
Collard greens
Cucumber
Eggplant
Ezraise
Escarole
Fennel
Frozen stir-fry
Garlic
Ginger
Lemons
Mint
Onions
Onion leaf lettuce
Onions
Oregano
Parsley
Peppers
Pico de gallo
Pumpkin
Radishes
Rosemary
Shallots
Spaghetti
Spinach
Spinach
Tomato puree, canned
Tomato sauce, canned
Water chestnuts
Zucchini

Whole-Wheat Pasta & Grains

Air-popped popcorn, no oil
Amaranth
Ancient grain mix, no seeds
Barley
Black bean pasta
Brown rice
Brown rice noodles
Brown rice pasta
Brown rice/quinoa
Chickpea pasta
Corn pasta
Edamame pasta
Farro
Instant brown rice
Kamut
Kasha
Lentil pasta
Millet
Oatmeal
Oats
Pea Pasta
Quinoa
Quinoa pasta
Red quinoa
Rolled oats
Shirataki noodles
Sorghum
Soybean pasta
Squid
Squid berries
Teff
Thai brown rice
Tri-color quinoa
Whole-wheat pasta
Wild rice
Wild rice/brown