

COMPLETE A-Z FOOD LIST

▲ Power Foods	PointsPlus [®] value	▲ Power Foods	PointsPlus [®] value
cream of mushroom, low-fat, canned, prepared with fat-free milk, 1 cup	3	lobster bisque, 1 cup	4
cream of mushroom, low-fat, canned, prepared with low-fat milk, 1 cup	3	lobster bisque, canned, prepared with fat-free milk, 1 cup	3
cream of onion, canned, condensed, 1 can (10 3/4 oz)	7	lobster bisque, canned, prepared with low-fat milk, 1 cup	4
cream of potato, 1 cup	3	lobster bisque, canned, prepared with whole milk, 1 cup	4
cream of potato, canned, condensed, 1 can (10 3/4 oz)	5	matzo ball, canned, ready-to-serve, 1 cup	3
cream of potato, canned, prepared with fat-free milk, 1 cup	3	minestrone, 1 cup	5
cream of potato, canned, prepared with low-fat milk, 1 cup	3	minestrone, canned, chunky, ready-to-serve, 1 cup	3
cream of potato, canned, prepared with whole milk, 1 cup	4	minestrone, canned, condensed, 1 can (10 1/2 oz)	5
cream of shrimp, canned, condensed, 1 can (10 3/4 oz)	6	minestrone, dehydrated, dry mix, 1 packet (1/2 oz)	2
cream of tomato, 1 cup	5	minestrone, in a cup, dry, 1 (1 1/2 oz)	4
cream of vegetable, dehydrated, dry mix, 1 packet (2/3 oz)	2	minestrone, low-fat, canned, prepared with water, 1 cup	2
		miso, 1 cup	2