

WEIGHT WATCHERS POINT

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

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

VEGETABLES (NON-STARCHY) Continued...

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

VEGETABLES (NON-STARCHY) Continued...

Tomatillos
Tomato puree, canned
Tomato sauce, canned
Tomatoes
Turnips
Water chestnuts
Wax beans
Zucchini