

WEIGHT WATCHERS ZERO POINT FOODS

Veggies	Fruit	Whole Grains	Starchy Veggies
Arugula Mint Asparagus Mushrooms Bamboo shoots Nori (dried seaweed) Basil Okra Beets Onions Bell peppers Oregano Bok choy Parsley Broccoli Pea shoots Brussels sprouts Peppers Butter lettuce Pickles, unsweetened Butternut squash Pimientos, Cabbage Pumpkin Carrots Radishes Cauliflower Rosemary Celery Rutabaga Chiles Salsa, fat-free Chives Sauerkraut Cilantro Scallions Collard greens Shallots Cucumbers Snow peas Eggplants Spaghetti squash Endive Spinach Escarole Sugar snap peas Fennel Summer squash Garlic Swiss chard Ginger Tarragon Green beans Thyme Hearts of palm Tomatillos Jicama Tomatoes Kale Turnips Kohlrabi Water chestnuts Leeks Wax beans Lettuce Zucchini	Apples Lemons Applesauce, Limes unsweetened Mangoes Apricots, fresh Nectarines Bananas Oranges Blackberries Papayas Blueberries Peaches Cantaloupe Pears Cherries Persimmons Clementines Pineapples Cranberries, fresh Plums Dragon fruit Pomegranates Figs, fresh Pomelo Grapefruit Raspberries Grapes Star fruit Guava Strawberries Honeydew Tangerines Kiwi Watermelon Kumquats	Amaranth Kasha Ancient grain mix, without seeds Millet Barley Quinoa Barley, quick-cooking Red quinoa Brown basmati rice Rye berries Brown jasmine rice Sorghum Brown rice Spelt Brown rice, instant Spelt berries Brown rice, quick-cooking Teff Brown rice (100%) Tricolor quinoa Brown rice-quinoa blend Wheat berries Buckwheat Whole-grain sorghum Bulgur Whole-wheat couscous Farro Wild rice Freekeh Wild rice-brown rice blend Kamut	Artichokes, no oil Popcorn Corn Potatoes Lotus root Squash Parsnips Sweet potatoes Plantains Yams Yucca
			Beans, Peas, Lentils
			Beans Refried beans, fat-free Edamame Soybeans Lentils Split peas Peas Sprouts
			Yogurt, Etc.
			Cottage cheese, fat free Plain fat free yogurt Plain fat free Greek Unsweetened almond yogurt milk yogurt Plain fat free quark Unsweetened plain soy yogurt
			Tofu, Tempeh
			Cooked Tempeh Konjac noodles Tofu Red lentil pasta Brown rice pasta Whole Grain pasta
			Oatmeal
			Barley flakes Whole-grain flakes Oatmeal (instant, old fashioned, rolled, steel)
	Eggs	Avocados	
	Eggs Liquid egg substitute, made from egg whites	Avocados Guacamole, no oil or sugar added	
		Poultry	
		Chicken breast, boneless, skinless Ground chicken breast (98% fat free) Deli chicken breast Ground turkey breast, 99% fat-free Deli-style low sodium turkey breast Turkey breast, skinless	
		Fish, Seafood	
		Caviar Oysters Clams Sashimi Crab Scallops Eel Sea cucumber Fish Sea urchin Lobster Shrimp Monkfish Snails Mussels Squid Octopus Tuna, canned in water	