

Weight Watchers Freestyle

POINT FOODS

Fruits

Apples
 Unsweetened applesauce
 Apricots
 Banana
 Berries
 Blackberries
 Blueberries
 Cantalope
 Cherries
 Clementines
 Dates
 Figs
 Fruit cocktail
 Unsweetened fruit cup
 Fruit salad
 Grapefruit
 Grapes
 Guavas
 Honeydew melon
 Jackfruit
 Kiwifruit
 Kumquats
 Lemn
 Lemon zest
 Lime
 Lime zest
 Lychees
 Mangoes
 Melon balls
 Nectarine
 Oranges (all varieties)
 Papayas
 Passion fruit
 Peaches
 Pears
 Persimmons
 Pineapple
 Plumcots
 Plums
 Pomegranate seeds
 Pomegranates
 Pomelo
 Pumpkin
 Pumpkin puree
 Razberries
 Satsuma mandarin
 Starfruit
 Strawberries
 Tangelo
 Tangerine
 Watermelon

Vegetables

Arrowroot
 Artichoke hearts
 Artichokes
 Arugula
 Asparagus
 Bamboo shoots
 Beets
 Black-eye peas
 Broccoli rabe
 Broccoli slaw
 Broccoli
 Brussel sprouts
 Cabbage
 Carrots
 Cauliflower
 Celery
 Coleslaw mix
 Collards
 Corn (baby, white, yellow, kernels, and on the cob)
 Cucumber
 Dakon
 Edamame
 Eggplant
 Endive
 Escarole
 Fennel
 Garlic
 Ginger root
 Greens
 Green beans
 Hearts of palm
 Hominy (canned)
 Jerusalem artichokes
 Jicama
 Kohlrabi
 Leeks
 Lentils
 Lettuce
 Mung bean sprouts
 Mung dal
 Mushroom caps
 Mushrooms (all varieties)
 Nori seaweed
 Okra
 Onions
 Parsley
 Pea shoots
 Peas (green, snow, split, sugar snap)
 Pea pods

Peppers (all varieties) pepperoncini pickles (unsweetened)

Pico de gallo
 Pimientos
 Radicchio
 Radishes
 Rutabagas
 Salad (mixed greens)
 Salsa verde
 Sauerkraut
 Scallions
 Seaweed
 Shallots
 Spinach
 Sprouts
 Squash (all varieties)
 Succotash
 Swiss Chard
 Taro
 Three bean salad
 Tomatillos
 Tomato puree
 Tomato sauce
 Tomatoes (all varieties)
 Water chestnuts
 Watercress

Beans

Adzuki
 Black
 Broad (fava)
 Butter
 Cannellini
 Cranberry (roman)
 Garbanzo (chickpeas)
 Great northern
 Kidney
 Lima
 Lupini
 Mung
 Navy
 Pink
 Refried, fat free
 Small white
 Snap
 String
 Wax
 White

Protein

Abalone
 Anchovies
 Artic Char
 Blue fish
 Branzino (sea bass)
 Butterfish
 Calamari
 Carp
 Catfish
 Caviar
 Clams
 Cod
 Ground chicken breast (99% fat free)
 Chicken breast or tenderloin (boneless and skinless)
 Crab
 Crayfish
 Cuttlefish
 Drum
 Eel
 Egg substitutes
 Egg whites
 Eggs (including yolks)
 Fish fillet (grilled with lemon pepper)
 Flounder
 Gefilte fish
 Grouper
 Haddock
 Halibut
 Herring
 Jerk chicken breast
 Lobster
 Mackerel
 Mahimahi
 Monkfish
 Mussels
 Octopus
 Orange roughy
 Oysters
 Perch
 Pike
 Pollack
 Pompano
 Rainbow trout
 Rockfish
 Roe
 Sablefish
 Salmon
 Sardines

Sashimi

Satay chicken (without peanut sauce)
 Scallops
 Sea bass
 Shrimp
 Smelt
 Snapper
 Sole
 Squid
 Striped mullet
 Sturgeon
 White sucker
 Sunfish
 Swordfish
 Tilapia
 Tilefish
 Tofu (all varieties)
 Tuna
 Ground turkey breast (99% fat free)
 Turkey breast or tenderloin (skinless)
 greek yogurt (plain, nonfat and unsweetened)
 Yogurt (Plain, nonfat and Unsweetened)
 Soy yogurt (plain)
 Whitefish
 Whiting