

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
Kiwi/fruit
Kumquats
Lemon
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
Raspberries
Satsuma mandarin
Starfruit
Strawberries
Tangelo
Tangerine
Watermelon

Vegetables

Arrowroot
Artichoke hearts
Artichokes
Arugula
Asparagus
Bamboo shoots
Beets
Black-eye peas
Broccoli rabe
Broccoli slaw
Broccolini
Brussels 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
Mung
Navy
Pink
Refried, fat free
Small white
Snap
String
Wax
White

Protein

Abalone
Anchovies
Artichoke
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