

WEIGHT WATCHERS ZERO POINT FOOD LIST

Acorn Squash
Artichoke hearts, no oil
Artichokes
Arugula
Asparagus
Baby Corn
Bamboo shoots
Basil
BeetGreens
Beets
Bibb Lettuce
Bok Choy
Broccoli
Broccoli rabe
Broccoli slaw
Brussel Sprouts
Butter Lettuce
Butternut Squash
Cabbage
Carrots
Cauliflower
Cauliflower Rice
Celery
Chives
Cilantro
Coleslaw
Coleslaw Mix
Collard Greens
Cucumber
Eggplant
Romaine lettuce
Rosemary
Rutabaga
Radishes
Salsa
Fat free
Sauerkraut
Scallions
Shallots
Spaghetti Squash
Spinach
String beans

Endive
Escarole
Fennel
Frozen stir fry veggies
Garlic
Ginger
Green leaf lettuce
Hearts of palm
Iceberg Lettuce
Jicama
Kale
Kohlrabi
Leeks
Mixed Greens
Mushrooms
Mint
Mustard Greens
Napa Cabbage
Nori (seaweed)
Oakleaf lettuce
Okra
Onions
Oregano
Parsley
Pea Shoots
Peppers
Pickles, unsweetened
Pico de gallo
Pumpkin
Pumpkin puree
Red Leaf lettuce
Summer squash
Swiss Chard
Tarragon
Thyme
Tomatillos
Tomato puree
Canned Tomato sauce
Canned Tomatoes
Turnips
Water Chestnuts
Wax beans
Zucchini

Apples
Applesauce, unsweetened
Apricots, fresh
Bananas
Blackberries
Blueberries
Cantaloupe
Cherries
Clementines
Cranberries, fresh
Dragonfruit
Figs, Fresh
Frozen mixed berries
Fruit Cocktail
Fruit salad
Grapes
Grapefruit
Guava
Honeydew
Kiwi
Kumquats
Lemons
Limes
Mangoes
Nectarines
Oranges
Papayas
Peaches
Pears
Persimmons
Pineapple
Plums
Pomegranates
Pomelo
Raspberries
Star Fruit
Strawberries
Tangerines
Watermelon