

Weight Watchers Freestyle Point Foods

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

- Vegetables**
- Arrowroot
 - Artichoke hearts
 - Artichokes
 - Asparagus
 - Bamboo shoots
 - Beets
 - Black-eye peas
 - Broccoli rabe
 - Broccoli slaw
 - Broccoli
 - Broccolini
 - Brussel sprouts
 - Cabbage
 - Carrots
 - Cauliflower
 - Cauliflow
 - 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
 - Onion
 - Onions
 - Parsley
 - Pea shoots
 - Peas (green/snow/spot, sugar snap)
 - Pea pods

- Peppers (all varieties)
pepperonchi
pickles (unsweetened)
Pico de gallo
Pimientos
Radishes
Radicchio
Rutabagas
Salad (mixed greens)
Salsa verde
Shakrut
Shallots
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
 - Lupin
 - Mung
 - Navy
 - Pink
 - Refried, fat free
 - Small white
 - Snap
 - String
 - Wax
 - White

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

- Sashimi
Salty chicken (without peanut sauce)
Scallops
Sea bass
Shrimp
Smelt
Snapper
Sole
Squid
Striped mullet
Shurgeon
White sucker
Sunfish
Swordfish
Tilapia
Tilfish
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)
Whitfish
Whiting