

WEIGHT WATCHERS FOOD POINTS LIST

Food Item	Quantity	Points	Food Item	Quantity	Points
A					
Abalone	3 oz.	2	Adobo Sauce (store-bought)	1 tbsp	2
Alfredo Sauce (store-bought)	1/2 cup	10	Almond Butter	1 tsp	1
Almonds	22 nuts	4	Ambrosia	1/2 cup	2
Anchovies	6 or 1 tsp paste	1	Apricots (dried)	6 halves	1
Apricots (fresh)	3 halves	1	Apples (dried)	1/4 cup	1
Apples (fresh)	1 large	2	Applesauce (unsweetened)	1 cup	1
Apple Juice	1/2 cup	1	Antelope (cooked)	1 oz.	1
Animal crackers	13	3	America flavored clear water	1 liter	0
Armadillo (cooked)	1 oz.	1	Arrowroot	1 tsp	0
Artichokes (cooked)	1 medium	0	Arugula	1 cup	0
Asparagus	12 sears	0	Avocado	1/4 parts	2
B					
Baba au rhum	1	8	Babaganosh	1/4 cup	3
Bacon (Canadian style)	1 slice	1	Bacon (crisp cooked)	1 slice	1
Bacon (fats)	1 tbsp	3	Bagel	1 small or 1/2 large	3
Bagel chips	1 oz.	3	Baked Alaska	1 piece	5
Baking Powder/Soda	1 tsp	0	Baklava	1 piece	5
Bamboo Shoots	1 cup	0	Banana	1 medium	2
Banana Bread	1 slice	5	Banana Chips	1 oz.	3
Banana Split	1 serving	19	Barbecue Sauce	1 tbsp	0
Barley	1 cup cooked/uncooked 1/4 cup	3	Bass (striped, cooked)	1 fillet	4
Bean dip	1/2 cup	1	Beans baked	1/2 cup	5
Beans baked (canned)	1/2 cup	2	Beans black (uncooked)	1 pound	31
Beans black	1 cup, cooked	3	Beans (cannellini, cooked)	1/2 cup	1
Beans (Garbanzo, cooked)	1/2 cup	2	Beans (green, cooked)	1 cup	0
Beans (kidney, cooked)	1/2 cup	1	Beans (lima, cooked)	1/2 cup	1
Beans (re-fried, canned)	1/2 cup	2	Beans (wax, cooked)	1 cup	0
Beans (white, cooked)	1/2 cup	2	Bear (black, cooked)	1 oz.	2
Bearnaise sauce	1/4 cup	8	Beaver (cooked)	1 oz.	1
Bechamel white sauce	1/4 cup	4	Beef (ground, regular)	1 patty	6
Beef (ground, regular, uncooked)	1 pound	25	Beef (ground, lean, uncooked)	1 pound	22
Beef (regular, cooked)	1 slice	4	Beef (tongue, cooked)	1 oz.	2
Beef (dried, store-bought)	7 slices	1	Beef (steak, cooked)	1 small	7
Beef (steak, lean)	1 small	5	Beefalo (cooked)	1 oz.	1
Beef Bourguignon	1-1/2 cup	18	Beef stew	1 cup	5
Beer (light)	1 can/bottle	2	Beer (non-alcoholic)	1 can/bottle	1
Beer (regular)	1 can/bottle	3	Beet (cooked)	1 cup	0
Beignet	1 (2" diameter)	2	Bialy	1 portion	5
Biscotti	8 mini, 2 small or 1 regular	3	Biscotti Chocolate	8 mini, 2 small or 1 reg.	3
Biscuits (homemade)	1 small	3	Biscuit (cheese)	1 small	5
Bitter Melon	1 cup cooked/uncooked	0	Black bean sauce	1 tsp	0
Blackberries	1 cup	1	Black Russian	1	5
Bloody Mary	1	2	Blueberries	1 cup	1
Bluefish (cooked)	1 fillet	1	Borscht (low-calorie, store-bought)	1 cup	0
Boston Brown Bread	1 slice	2	Bread (whole grain)	1 slice	1
Bread (light)	2 slices	1	Bread (pita)	1 slice	1
Bread Crumbs	3 tbsp (dried)	1	Breadsticks	1 piece	2