

# Weight Watchers Point

## BEANS & LEGUMES

Adzuki beans  
Alfalfa sprouts  
Bean sprouts  
Black beans  
Black-eyed peas  
Cannellini beans  
Chickpeas  
Edamame  
Fava beans  
Great Northern beans  
Hominy  
Kidney beans  
Lentils  
Lima beans  
Lupini beans  
Navy beans  
Pinto beans  
Refried beans, canned, fat-free  
Soy beans

## CHICKEN & TURKEY BREASTS

Ground chicken breast  
Ground turkey, 98% fat-free  
Ground turkey breast  
Skinless chicken breast  
Skinless turkey breast

## EGGS

Egg substitute  
Egg whites  
Egg yolks  
Eggs

## TOFU & TEMPEH

Silken tofu  
Smoked tofu  
Soft tofu  
Tempeh

## NONFAT YOGURT & SOY YOGURT

Greek yogurt, plain, nonfat  
Plain yogurt, nonfat  
Quark, plain, up to 1% fat  
Soy yogurt, plain

## FRUITS

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