



Weight Watchers

ZERO POINT

FOOD LIST

FOR THE FREESTYLE PROGRAM

- Apples
- Applesauce, unsweetened
- Apricots
- Arrowroot
- Artichoke hearts
- Artichokes
- Arugula
- Asparagus
- Bamboo shoots
- Banana
- Beans*
- Beans, refried, fat-free, canned
- Beets
- Berries, mixed
- Blackberries
- Blueberries
- Broccoli
- Broccoli rabe
- Broccoli slaw
- Broccolini
- Brussels sprouts
- Cabbage (all varieties including pickled)
- Calamari, grilled
- Cantaloupe
- Carrots
- Cauliflower
- Caviar
- Celery
- Swiss chard
- Cherries
- Chicken breast, ground, 98% fat-free
- Chicken breast or tenderloin, skinless, boneless or with bon
- Clementines
- Coleslaw mix (shredded cabbage and carrots), packaged
- Collards
- Corn, baby (ears), white, yellow, kernels, on the cob
- Cranberries
- Cucumber
- Daikon
- Dates, fresh
- Dragon fruit
- Edamame, in pods or shelled
- Egg substitutes
- Egg whites
- Eggplant
- Eggs, whole, including yolks
- Endive
- Escarole
- Fennel (anise, sweet anise, or finocchio)
- Figs
- Fish**
- Fish fillet, grilled with lemon pepper
- Fruit cocktail
- Fruit cup, unsweetened
- Fruit salad
- Fruit, unsweetened
- Garlic
- Ginger root
- Grapefruit
- Grapes
- Greens: beet, collard, dandelion, kale, mustard, turnip
- Greens, mixed baby
- Guavas
- Guavas, strawberry
- Hearts of palm (palmetto)
- Honeydew melon
- Jackfruit
- Jerk chicken breast
- Jerusalem artichokes (sunchoke)
- Jicama (yam bean)
- Kiwifruit
- Kohlrabi
- Kumquats
- Leeks
- Lemon
- Lemon zest
- Lentils
- Lettuce, all varieties
- Lime
- Lime zest
- Litchis (lychees)
- Mangoes
- Melon balls
- Mung bean sprouts
- Mung dal
- Mushroom caps
- Mushrooms (all varieties)
- Nectarine
- Nori seaweed
- Okra
- Onions
- Oranges (all varieties)
- Papayas
- Parsley
- Passion fruit
- Pea shoots
- Peaches
- Peapods, black-eye
- Pears
- Peas and carrots
- Peas***
- Peppers, all varieties
- Pepperoncini
- Persimmons
- Pickles, unsweetened
- Pico de gallo
- Pimientos, canned
- Pineapple
- Plums (pluots)
- Plums
- Pomegranate seeds
- Pomegranates
- Pomelo (pummelo)
- Pumpkin
- Pumpkin puree
- Radicchio
- Radishes
- Raspberries
- Rutabagas
- Salad, mixed greens
- Salad, side, without dressing, fast food
- Salad, three-bean
- Salad, tossed, without dressing
- Salsa verde
- Salsa, fat free
- Salsa, fat free: gluten-free
- Sashimi
- Satey, chicken, without peanut sauce
- Satsuma mandarin
- Sauerkraut
- Scallions
- Seaweed
- Shallots
- Shellfish****
- Spinach
- Sprouts, including alfalfa, bean, lentil
- Squash, summer (all varieties including zucchini)
- Squash, winter (all varieties including spaghetti)
- Starfruit (carambola)
- Strawberries
- Succotash
- Tangelo
- Tangerine
- Taro leaves and shoots
- Tofu, all varieties
- Tofu, smoked
- Tomatillos
- Tomato puree
- Tomato sauce
- Tomatoes, all varieties including plum, grape, cherry
- Turkey breast, ground, 98% fat-free
- Turkey breast or tenderloin, skinless, boneless or with bone
- Turkey breast, skinless, smoked
- Turnips
- Vegetable sticks
- Vegetables, mixed
- Vegetables, stir fry, without sauce
- Water chestnuts
- Watercress
- Watermelon
- Yogurt, Greek, plain, nonfat, unsweetened
- Yogurt, plain, nonfat, unsweetened
- Yogurt, soy, plain