

# Weight Watchers Points

## 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

## 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

## Fruits continued...

Limes  
Mangoes  
Meyer lemons  
Nectarines  
Oranges  
Papayas  
Peaches  
Pears  
Persimmons  
Pineapples  
Plums  
Pomegranates  
Pomelo  
Raspberries  
Star fruit  
Strawberries  
Tangerines  
Watermelon

## CHICKEN & TURKEY BREAST

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 Firm tofu

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

## VEGETABLES (NON-STARCHY)

Acorn squash  
Artichoke hearts, no oil  
Artichokes  
Arugula  
Asparagus  
Baby corn  
Bamboo shoots  
Basil  
Beet greens  
Beets  
Bok choy  
Broccoli  
Broccoli rabe  
Broccoli slaw  
Brussels sprouts  
Butter/Bibb lettuce  
Butternut squash  
Cabbage  
Canned pimientos  
Carrots  
Cauliflower  
Cauliflower rice  
Celery  
Chives  
Cilantro  
Coleslaw mix  
Collard greens  
Cucumber  
Eggplant  
Endive  
Escarole  
Fennel  
Frozen stir-fry vegetables, no sauce  
Garlic  
Ginger  
Green leaf lettuce  
Hearts of palm  
Iceberg lettuce  
Jicama  
Kale  
Kohlrabi  
Leeks

## Mint

Mixed greens  
Mushrooms  
Mustard greens  
Napa cabbage  
Nori (seaweed)  
Oak leaf lettuce  
Okra  
Onions  
Oregano  
Parsley  
Pea shoots  
Peppers  
Pickles, unsweetened  
Pico de gallo  
Pumpkin  
Pumpkin puree  
Radishes  
Red leaf lettuce  
Romaine lettuce  
Rosemary  
Rutabaga  
Salsa, fat-free  
Sauerkraut  
Scallions  
Shallots  
Spaghetti squash  
Spinach  
String beans  
Summer squash  
Swiss chard  
Tarragon  
Thyme  
Tomatillos  
Tomato puree, canned  
Tomato sauce, canned  
Tomatoes  
Turnips  
Water chestnuts  
Wax beans  
Zucchini

## VEGETABLES (STARCHY)

Canned corn  
Corn  
Green peas  
Parsnips  
Peas  
Split peas  
Succotash

## FISH/SHELLFISH

Abalone  
Alaskan king crab  
Anchovies, in water  
Arctic char  
Bluefish  
Branzino  
Butterfish  
Canned tuna, in water  
Carp  
Catfish  
Caviar  
Clams  
Cod  
Crabmeat, lump  
Crayfish  
Cuttlefish  
Dungeness crab  
Eel  
Fish roe  
Flounder  
Grouper  
Haddock  
Halibut  
Herring  
Lobster  
Mahi mahi  
Monkfish  
Mussels  
Octopus

## Fish/Shellfish Continued...

Orange roughy  
Oysters  
Perch  
Pike  
Pollock  
Pompano  
Salmon  
Sardines, canned in water or sauce  
Sashimi  
Scallops  
Sea bass  
Sea cucumber  
Sea urchin  
Shrimp  
Smelt  
Smoked haddock  
Smoked salmon  
Smoked sturgeon  
Smoked trout  
Smoked whitefish  
Snails  
Snapper  
Sole  
Squid  
Steelhead trout  
Striped bass  
Sturgeon  
Swordfish  
Tilapia  
Trout  
Tuna  
Turbot  
Wahoo  
Whitefish