



# WEIGHT WATCHERS POINTS LIST

Eel  
Egg substitutes  
Egg whites  
Eggs (including yolks)  
Fish fillet (grilled with lemon pepper)  
Flounder  
Gefilte fish  
Grouper  
Haddock  
Halibut  
Herring  
Jerk chicken breast  
Lobster  
Mackerel  
Mahimahi  
Monkfish  
Mussels  
Octopus  
Orange roughy  
Oysters  
Perch  
Pike  
Pollack  
Pompano  
Rainbow trout  
Rockfish  
Roe  
Sablefish  
Salmon  
Sardines  
Sashimi  
Satay chicken (without peanut sauce)  
Scallops  
Sea bass  
Shrimp  
Smelt  
Snapper  
Sole  
Squid  
Striped bass  
Striped mullet  
Sturgeon  
White sucker  
Sunfish  
Swordfish  
Tilapia  
Tilapia  
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)  
Whitefish  
Whiting

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  
Lupini  
Mung  
Navy  
Pink  
Refried, fat free  
Small white  
Snap  
Soy  
String  
Wax  
White

**Protein**  
Abalone  
Anchovies  
Arctic Char  
Blue Fish  
Branzino (sea bass)  
Butterfish  
Calamari  
Carp  
Catfish  
Caviar  
Clams  
Cod  
Ground chicken breast (99% fat free)  
Chicken breast or tenderloin (boneless and skinless)  
Crab  
Crayfish  
Cuttlefish  
Drum

Beets  
Black-eye peas  
Broccoli  
Broccoli rabe  
Broccoli slaw  
Broccolini  
Brussel sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Coleslaw mix  
Collards  
Corn (baby, white, yellow, kernels, and on the cob)  
Cucumber  
Dakon  
Edaname  
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  
Okra  
Onions  
Parsley  
Pea shoots  
Peas (green, snow, split, sugar snap)  
Pea pods  
Peppers (all varieties)  
Pepperoncini  
Pickles (unsweetened)  
Pico de gallo  
Pimientos  
Radicchio  
Radishes  
Rutabagas  
Salad (mixed greens)  
Salsa verde  
Salsa (fat free)  
Sauerkraut  
Scallions  
Seaweed

**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  
Lime zest  
Lychees  
Mangoes  
Melon balls  
Nectarine  
Oranges (all varieties)  
Papayas  
Passion fruit  
Peaches  
Pears  
Persimmons  
Pineapple  
Plumcots  
Plums  
Pomegranate seeds  
Pomegranates  
Pomelo  
Pumpkin  
Pumpkin puree  
Razberries  
Satsuma mandarin  
Starfruit  
Strawberries  
Tangelo  
Tangerine  
Watermelon

**Vegetables**  
Arrowroot  
Artichoke hearts  
Artichokes  
Arugula  
Asparagus  
Bamboo Shoots