

Weight Watchers Points List Foods

Bacon medallions

Baked beans

Beans & pulses:

- Aduki
- Black-eyed
- Borlotti
- Broad
- Butter
- Cannellini
- Chickpeas
- Flageolet
- French
- Green
- Haricot
- Kidney
- Lentils
- Mixed pulses
- Mung
- Pinto
- Runner
- Soya
- Split peas

Beef:

- Braising steak, lean
- Fillet steak, lean
- Mince, extra-lean
- Rump steak, lean
- Silverside, lean
- Sirloin steak, lean
- Stewing steak, lean

Bread, small sliced, brown, calorie-controlled

Buckwheat

Bulgur wheat

Cheese:

- Cottage, low fat, natural
- Quark, natural

Chicken:

- Breast, skinless
- Drumstick, skinless
- Leg, skinless
- Mince
- Wafer thin

Couscous, wholewheat

Crabsticks

Crumpets

Egg, whole:

- Duck
- Goose
- Hen
- Quail

Egg white

Fish*:

- Cod
- Cod, smoked
- Coley
- Dover sole
- Grouper
- Haddock
- Haddock, smoked
- Hake
- Halibut
- Herring roe, soft
- Hoki
- John Dory
- Lemon sole
- Monkfish
- Mullet
- Orange roughy
- Pike
- Plaice
- Pollock
- Red snapper
- Rock salmon
- Salmon
- Salmon, tinned, pink/red
- Sardines
- Sea bass
- Sea bream (red fish)
- Shark
- Skate
- Squid
- Swordfish
- Tilapia
- Trout
- Trout, smoked
- Tuna
- Tuna in brine/spring water
- Turbot
- Whiting

Fromage frais, natural, fat-free

Fruit:

- Fresh (except avocado)
- Frozen
- Tinned in natural juice, drained

Gammon steak

Garlic

Ginger

Goat

Guinea fowl

Ham:

- Premium
- Pre-packed slices
- Wafer thin

Heart, lambs

Herbs, fresh

Jelly, sugar-free

Kidney:

- Lamb
- Pig

Liver:

- Calf
- Chicken
- Lamb
- Ox
- Pig

Milk:

- Skimmed
- Unsweetened almond
- Unsweetened soya

Millet

Nori

Oat bran

Oats

Octopus

Partridge

Passata

Pasta, wholewheat

Pigeon

Popping corn

Pork:

- Escalope
- Fillet, lean
- Leg, lean
- Loin steak, lean
- Mince, extra-lean
- Shoulder, lean
- Tenderloin

Potatoes, all types

Puffed wheat, no added sugar or salt

Quail

Quinoa

Quorn:

- Bacon-style rashers
- Fillet
- Mince
- Pieces

Rabbit

Rice, brown

Sandwich thins, brown

Shellfish:

- Clams
- Cockles
- Crab
- Crab in brine, drained
- Crayfish
- Lobster
- Mussels
- Oysters
- Prawns, all types
- Scallops
- Shrimps
- Whelks
- Winkles

Shredded Wheat (or supermarket alternative)

Soya mince

Tofu, regular/smoked

Turkey:

- Breast mince
- Breast, skinless
- Roasted, skinless
- Steak
- Thigh, skinless
- Wafer thin

Veal escalope

Vegetables:

- Fresh
- Frozen
- Tinned in water or brine

Venison, lean

Weight Watchers:

- Brown Danish Bread
- Extra Trimmed Bacon
- Original Breakfast Oats
- Petits Pains
- Pitta Breads, white and wholemeal
- Tortillas
- Wraps

Wheat bran

Wheat germ

Yam

Yogurt:

- Greek, 0% fat natural
- Fat-free natural
- Low-fat natural
- Soya, plain

UNLIMITED FLAVOUR BOOSTERS AND DRINKS

Artificial sweetener

Balsamic vinegar

Capers

Chilli, fresh, dried or flakes

Curry powder

Fat-free salad dressing

Fish sauce (Nam Pla)

Garlic

Ginger

Harissa paste

Herbs and spices, fresh and dried

Hot pepper sauce (Tabasco)

Lemongrass

Lemon juice

Lime juice

Mustard, any type

Salt and pepper

Soy sauce

Stock cubes

Tomato purée

Vanilla extract

Vinegar

Worcestershire sauce

Weight Watchers

Bag 'n' Bake

Weight Watchers Mixed

Herbs Salad Dressing

Yeast extract (Marmite)

Zest of citrus fruits