

Weight Watchers Program Zero Point Foods

Beans & Legumes:

Black beans, Black-eyed peas, Cannellini, Chickpeas, Edamame, Fava beans, Great Northern beans, Green peas, Lupini beans, Navy beans, Peas, Pinto beans, Refried beans (canned, fat-free), Soy beans, Split Peas

Chicken & Turkey Breast:

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

Corn & Popcorn:

Canned corn, Corn fresh (sweet, white or yellow), Corn on the cob, Hominy, Green peas, Popcorn air-popped without oil, butter or sugar, Popcorn with salt and/or spice (air-popped without oil, butter or sugar), Popping corn for popping at home

Eggs:

Liquid Egg substitute made from egg whites, Egg whites, Egg yolks, Eggs, Eggs hard-boiled or soft-boiled, Eggs scrambled made without fat

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, Eel, Fish roe, Flounder, Grouper, Haddock, Halibut, Herring, Lobster, Mahi mahi, Monkfish, Mussels, Octopus, Orange roughy, Oysters, Perch, Pike, Pollock, Pompano, Salmon, Sardines in water or sauce, Sashimi, Scallops, Sea bass, Sea cucumber, Sea urchin, Shrimp, Smelt, Smoked haddock, salmon, sturgeon, trout, whitefish, Snails, Snapper, Sole, Squid, Steelhead trout, Striped bass, Sturgeon, Swordfish, Tilapia, Trout, Tuna, Turbot, Wahoo, Whitefish

Fruits:

Apples, Applesauce unsweetened, Apricots fresh, Bananas, Blackberries, Blueberries, Cantaloupe, Cherries, Clementines, Cranberries fresh, Dragon fruit, Figs fresh, Frozen mixed berries unsweetened, Fruit canned in water with or without artificial sweeteners, Fruit cocktail unsweetened, Fruit salad unsweetened, Grapefruit, Grapes, Guava, Honeydew, Jackfruit, Kiwi, Kumquats, Lemons, Limes, Mangoes, Meyer lemons, Nectarines, Oranges, Papayas, Peaches, Pears, Persimmons, Pineapples, Plums, Pomegranates, Pomelo, Raspberries, Star fruit, Strawberries, Tangerines, Watermelon

Non-Starchy Vegetables:

Artichoke hearts no oil, Arugula, Asparagus, Baby corn, Bamboo shoots, Beet greens, Beets, Bell Peppers, Bok choy, Broccoli, Broccoli rabe, Broccoli slaw, Brussels sprouts, Butter lettuce Bib or Boston, Butternut squash, Cabbage, Canned pimientos, Carrots, Cauliflower, Cauliflower rice, Celery, Chiles, Coleslaw mix, Collard greens, Cucumber, Delicata squash, Eggplant, Endive, Escarole, Fennel, Frozen stir-fry vegetables no sauce, Frozen Vegetable mixes, Green Beans, Green leaf lettuce, Hearts of palm, Iceberg lettuce, Jalapeno Peppers, Jicama, Kale, Kohlrabi, Leeks, Mixed greens, Mushrooms, Mustard greens, Napa cabbage, Nori, Oak leaf lettuce, Okra, Onions, Pea shoots, Pickles unsweetened, Pico de gallo, Pumpkin, Pumpkin puree, Radishes, Red leaf lettuce, Romaine lettuce, Rutabaga, Salsa-fat-free, Sauerkraut, Scallions, Shallots, Snow peas, Spaghetti squash, Spinach, Summer squash, Sugar snap peas, Swiss chard, Tomatillos, Tomato puree canned, Tomatoes, Turnips, Water chestnuts, Wax beans, Zucchini

Tofu & Tempeh:

Firm tofu, Silken tofu, Smoked tofu, Soft tofu, Tempeh

Yogurt & Cottage Cheese:

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