

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
Honey
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
Peaches
Pears
Persimmons
Pineapples
Plums
Pomegranates
Pomeys
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 substitutes
Egg whites
Egg yolk
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
Asparagus
Asparagus
Baby corn
Bamboo shoots
Basil
Beet greens
Beets
Bok choy
Broccoli
Broccoli rabe
Broccoli slaw
Broccoli sprouts
Butter (stick) lettuce
Butternut squash
Cabbage
Canned pineapples
Carrots
Cauliflower
Cauliflower rice
Celery
Chives
Chlorine
Coleslaw mix
Cultured greens
Cucumber
Eggplant
Endive
Escarole
Fennel
Frozen stir-fry vegetables, no sauce
Garlic
Ginger
Green leaf lettuce
Hearts of palm
Jalapeño lettuce
Jicama
Kale
Kohlrabi
Leeks

Misc

Mixed greens
Mushrooms
Mustard greens
Napa cabbage
Nori (seaweed)
Oak leaf lettuce
Olives
Onions
Orzago
Parsley
Pee shoots
Peppers
Pickles, unsweetened
Pine de gale
Pumpkin
Pumpkin puree
Radishes
Red leaf lettuce
Romaine lettuce
Rosemary
Rutabaga
Salads, fat free
Sausage
Scallops
Shallots
Spaghetti squash
Spinach
String beans
Summer squash
Taro chard
Tarragon
Thyme
Tomatoes
Tomato puree, canned
Tomato sauce, canned
Tomatoes
Turnips
Water chestnuts
Wax b
Beans
Zucchini

EVET TABLET (STARCHY)

Canned corn
Corn
Green peas
Parsnips
Peas
Split peas
Sweetfish

FISH/HELLFISH

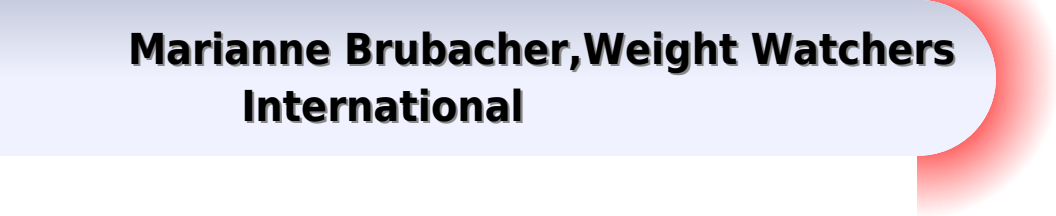
Abalone
Alaskan king crab
Anchovies, in water
Arctic char
Bluefish
Branzino
Butterfish
Canned tuna, in water
Carp
Catfish
Caviar
Clams
Cod
Crabmeat, lump
Crappie
Cuttiefish
Dungeness crab
Eel
Fish roe
Flounder
Grouper
Halibut
Haddock
Haddock
Herring
Lobster
Mahi mahi
Mudfish
Mussels
Octopus

Fish/Shellfish (continued...)

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

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**Marianne Brubacher, Weight Watchers
International**



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