



Weight Watchers

ZERO POINTS FOODS



Fruits

Apples
Apricots
Bananas
Blackberries
Blueberries
Cantaloupe
Cherries
Clementine
Cranberries
Dates
Dragon Fruit
Figs
Grapefruit
Grapes (any variety)
Guava
Honeydew Melon
Jackfruit
Kiwi
Lemon
Lime
Mango
Oranges
Passion Fruit
Peach
Pears
Pineapple
Plums
Pomegranates
Raspberries
Starfruit
Strawberries
Watermelon

Vegetables

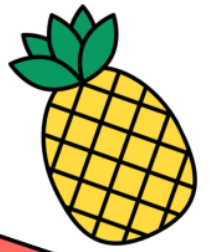
Arrowroot, raw
Artichoke
Arugula
Asparagus
Broccoli
Beans (black, adzuki, cannellini, garbanzo, kidney, great northern, lima, pinto, etc.)
Beans, refried (canned, fat-free, no added sugar)
Green Beans
Bok Choy
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Chard
Chickpeas
Collards
Corn
Cucumber
Daikon
Edamame
Eggplant
Endive
Fennel
Ginger Root
Kale
Leeks
Lettuce (any variety)
Mushrooms
Okra
Peas
Peppers (bell)
Pickles (without sugar)
Pumpkin
Radishes
Scallions (green onions)
Spinach
Sprouts
Squash
Tomatoes
Turnips
Zucchini

Herbs & Spices

Basil
Chives
Cinnamon
Dill Weed
Garlic
Garlic Salt
Italian Seasoning
Oregano
Paprika
Parsley
Pepper
Peppermint
Pumpkin Spice
Rosemary
Sage
Salt
Thyme



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Drinks

Water
Coffee, black (without sugar)
Coke Zero (all varieties)
Diet Coke (all varieties)
Fresca (all varieties)
Gatorade Zero
Sparkling Ice Water (all flavors)
Tea, black
VitaminWater Zero

Meat, Seafood & Poultry

Calamari, grilled
Chicken Breast (boneless, skinless)
Crab (Alaska king, Dungeness, queen, king)
Crayfish
Eggs
Bass Fish
Bluefish
Carp
Catfish
Cod
Eel
Grouper
Haddock
Halibut
Lobster
Mackerel Fish
Mussels
Octopus
Oysters
Salmon (Atlantic and farm raised)
Sardines
Sea Bass
Shrimp
Sturgeon Fish
Swordfish
Tilapia Fish
Tuna (canned in water, drained)
Tofu
Trout (rainbow)
Turkey breast (ground, tenderloin, etc. 99% fat-free)

Snacks

Applesauce, unsweetened
Fruit cup (canned in water pack, no sugar added)
Fruit cup (fresh)
Vegetable Sticks
Yogurt (greek, plain, fat-free, unsweetened)