

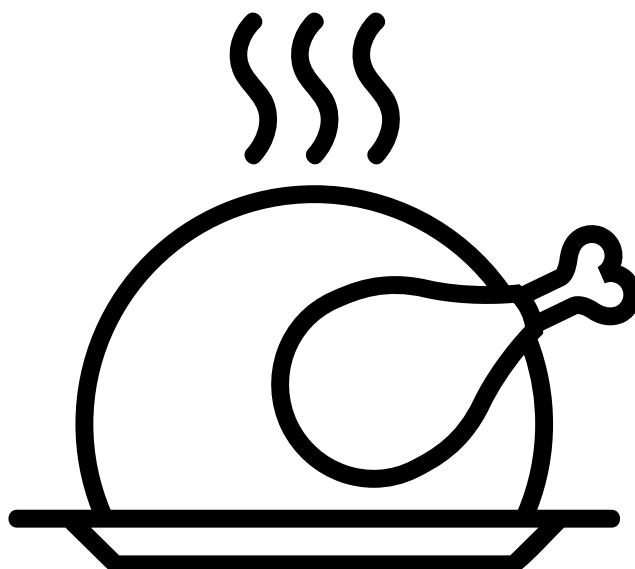
WW PERSONALPOINTS™ ZEROPOINTS POULTRY

Poultry that is 99% or 100% fat-free is considered a ZeroPoint food item. Below are the most common options that count.

- Chicken breast, skinless
- Deli meat, skinless chicken or turkey breast only
- Ground chicken breast
- Ground turkey, 98% fat-free*
- Ground turkey breast
- Turkey breast, skinless

When would poultry be not considered a ZeroPoint food?

- Unspecified processed products, such as meat labeled “deli turkey,” which often contains sugar or dark meat—an ingredient that is not a ZeroPoint food
- Pre-marinated chicken or turkey breasts
- All other cuts of chicken or turkey meat



WW PERSONALPOINTS™ ZEROPOINTS BEAN, PEAS, & LENTILS

- Adzuki beans
- Alfalfa sprouts
- Bean sprouts
- Black beans
- Black-eyed peas
- Cannellini beans
- Chickpeas
- Edamame
- Fava beans
- Great northern beans
- Green peas
- Kidney beans
- Lentils
- Lima beans
- Lupini beans
- Navy beans
- Peas
- Pinto beans
- Refried beans, fat-free, canned
- Soybeans
- Split peas

NOTE: The following notes should be considered when choosing lentils, beans, and peas for your menu plan.

- Canned or cooked-from-scratch plain legumes ARE a ZeroPoint food.
- Hummus or bean spreads that are 100% made of any of the beans or peas listed above and without any added oil or tahini or sugars ARE ZeroPoint foods.
- Legumes that are roasted without any oil ARE ZeroPoint foods.
- Legumes that are cooked in sauces or marinades (such as baked beans) are NOT ZeroPoint foods.

