

# WW PERSONALPOINTS™ ZEROPOINTS FISH AND SHELLFISH

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- Abalone
- Alaskan king crab
- Anchovies, canned in water
- Arctic char
- Bluefish
- Branzino
- Butterfish
- Carp
- Catfish
- Caviar
- Clams
- Cod
- Crabmeat, lump
- Crayfish
- Cuttlefish
- Snails
- Snapper
- Sole
- Squid
- Steelhead trout
- Striped bass
- Eel
- Fish roe
- Flounder
- Grouper
- Haddock
- Halibut
- Herring
- Lobster
- Mahi-mahi
- Monkfish
- Mussels
- Octopus
- Orange roughy
- Oysters
- Perch
- Pike
- Sturgeon
- Swordfish
- Tilapia
- Trout
- Tuna
- Pollock
- Pompano
- Salmon
- Sardines, canned in water or sauce
- Sashimi
- Scallops
- Sea bass
- Sea cucumber
- Sea urchin
- Shrimp
- Smelt
- Smoked fish (haddock, salmon, sturgeon, trout, and whitefish)
- Tuna, canned in water
- Turbot
- Wahoo
- Whitefish

What about canned fish?

Any fish packed in water and not oil would still be ZeroPoints.

What about imitation crab sticks?

Since imitation crab often has added sugars, it would not be ZeroPoints.

