

WW PERSONALPOINTS™ ZEROPOINTS NON-STARCHY VEGETABLES

- Artichoke hearts, without oil
- Arugula
- Asparagus
- Baby corn
- Bamboo shoots
- Basil
- Beet greens
- Beets
- Bell peppers
- Bok choy
- Broccoli
- Broccoli rabe
- Broccoli slaw
- Brussels sprouts
- Butter lettuce (Bibb or Boston)
- Butternut squash
- Cabbage
- Carrots
- Cauliflower
- Cauliflower rice
- Celery
- Chiles
- Chives
- Cilantro
- Coleslaw mix
- Collard greens
- Cucumbers
- Delicata squash
- Eggplants
- Endive
- Escarole
- Fennel
- Frozen stir-fry vegetables, without sauce
- Frozen vegetable mixes
- Garlic
- Ginger
- Green beans
- Green leaf lettuce
- Hearts of palm
- Iceberg lettuce
- Jalapeño peppers
- Jicama
- Kale
- Kohlrabi
- Leeks
- Mint
- Mixed greens
- Mushrooms
- Mustard greens
- Napa cabbage
- Nori (dried seaweed)
- Oak leaf lettuce
- Okra
- Onions
- Oregano
- Parsley
- Pea shoots
- Pickles, unsweetened
- Pico de gallo
- Pimientos, canned
- Pumpkin
- Pumpkin purée
- Radishes
- Red leaf lettuce
- Romaine lettuce
- Rosemary
- Rutabaga
- Salsa, fat-free
- Sauerkraut
- Scallions
- Shallots
- Snow peas
- Spaghetti squash
- Spinach
- Sugar snap peas
- Summer squash
- Swiss chard
- Tarragon
- Thyme
- Tomatillos
- Tomato purée, canned
- Tomatoes
- Turnips
- Water chestnuts
- Wax beans
- Zucchini