

WW PERSONALPOINTS™ ZEROPOINTS POTATOES & STARCHY VEGETABLES

- Acorn squash
- Baby potatoes
- Fingerling potatoes
- Frozen potatoes, prepared without fat
- Idaho potatoes
- Japanese sweet potatoes
- Jerusalem artichokes
- Lotus root
- New potatoes
- Parsnips
- Plantains
- Potatoes, baked
- Potatoes, mashed, plain
- Potatoes, roasted without oil
- Potato wedges, oven-roasted without oil
- Purple potatoes
- Red potatoes
- Russet potatoes
- Sweet potatoes
- Sweet potatoes, baked
- Sweet potatoes, mashed, plain
- Sweet potatoes, roasted without oil
- Sweet potatoes, unsweetened, canned
- Sweet potato wedges, oven-roasted without oil
- Taro
- White potatoes
- Yams
- Yellow potatoes
- Yucca
- Yukon Gold potatoes

What about Instant Potatoes?

As long as the only ingredient is potato then it will be ZeroPoints. If you add milk, butter, or cheese to them those items would need to be counted.

