

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

