

# WW PERSONALPOINTS™ ZEROPOINTS AVOCADO, EGGS, CORN, YOGURT, WHOLE WHEAT PASTA

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There are a few foods that are considered ZeroPoint for some but are individual and are not grouped together. Below is information on these particular items.

**AVOCADO:** plain avocado or guacamole is ZeroPoints. Store-bought guacamole may be ZeroPoint if no oils or extra fats are added.

**EGGS:** eggs in any form are ZeroPoints. Only count points for added fats such as butter, milk, or cheese.

**CORN & POPCORN:** whole kernel corn and corn on the cob are ZeroPoints. Air-popped popcorn with no added butter is ZeroPoints. If adding any butter, oil, or cheese, those would be counted.

**YOGURT:** Only non-fat PLAIN yogurt is ZeroPoints. This is regular or Greek yogurt, but must be plain with no added flavors. You may add fresh fruit for no additional points depending upon your ZeroPont plan.

**WHOLE WHEAT PASTA:** Pasta with just whole wheat durum flour as the ingredient i ZeroPoint. If the pasta has added egg, it may be more points depending upon your individual plan.

