

WW PERSONALPOINTS™ ZEROPOINTS NON-STARCHY VEGETABLES

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- 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

WW PERSONALPOINTS™ ZEROPOINTS FRUITS

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A fruit is ZeroPoint if it is one of the following:

- Fresh or frozen without added sugars or fat
- Canned in water
- Canned in sugar-free syrup

A fruit is NOT ZeroPoint if it is one of the following:

- Dried
- Blended into a smoothie
- Juiced

What about coconuts, avocados, and tomatoes?

- Coconuts are higher in fats than other fruits so should be counted.
- Avocados are also higher in fats but are a healthier option and for some are a separate ZeroPoint food.
- Tomatoes while technically a fruit are listed on the ZeroPoint non-starchy vegetable list.

WW PERSONALPOINTS™ ZEROPOINTS WHOLE GRAINS

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- Amaranth
- Ancient grain mix, without seeds
- Barley
- Barley, quick-cooking
- Brown basmati rice
- Brown jasmine rice
- Brown rice
- Brown rice, instant
- Brown rice, quick-cooking
- Brown rice (100%)
- Brown rice-quinoa blend
- Buckwheat
- Bulgur
- Farro
- Freekeh
- Kamut
- Kasha
- Millet
- Quinoa
- Red quinoa
- Rye berries
- Sorghum
- Spelt
- Spelt berries
- Teff
- Tricolor quinoa
- Wheat berries
- Whole-grain sorghum
- Whole-wheat couscous
- Wild rice
- Wild rice-brown rice blend

What makes something a whole grain?

A whole grain contains the three parts of its original kernel. Those are the bran, the endosperm, and the germ.



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.

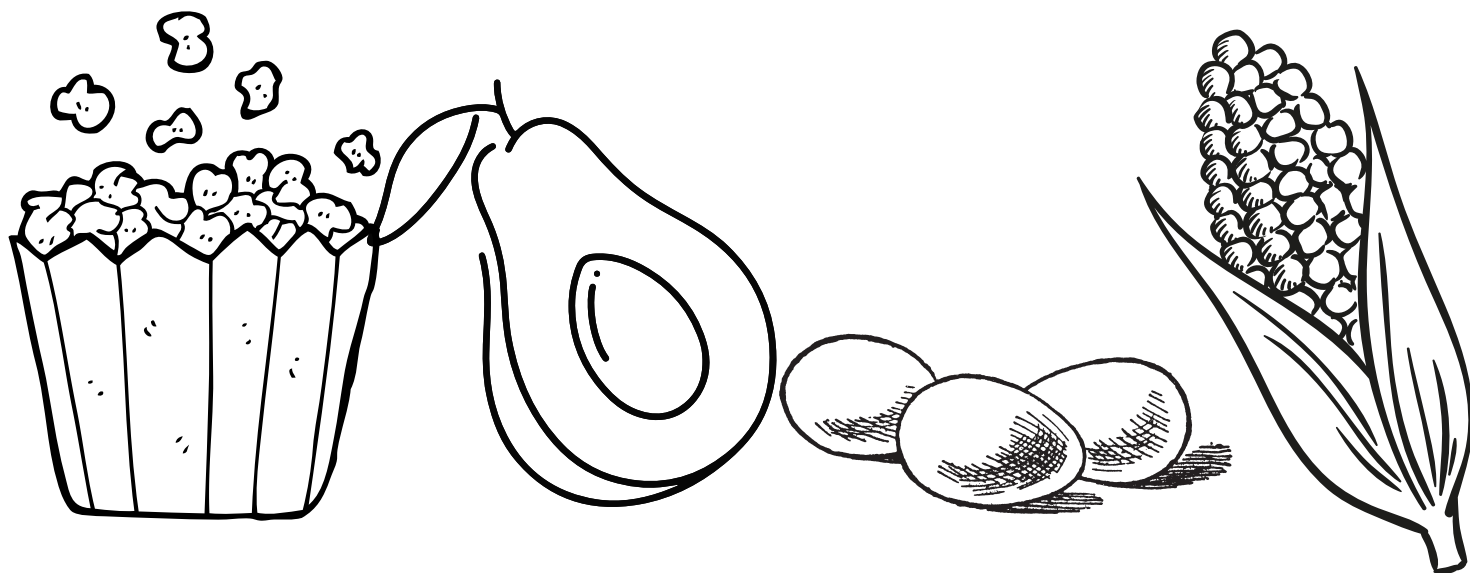
AVOCADO: plain avocado or guacamole is ZeroPoints. Store-bought guacamole may be ZeroPoint if no oils or extra fats are added.

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.



WW PERSONALPOINTS™ ZEROPOINTS POULTRY

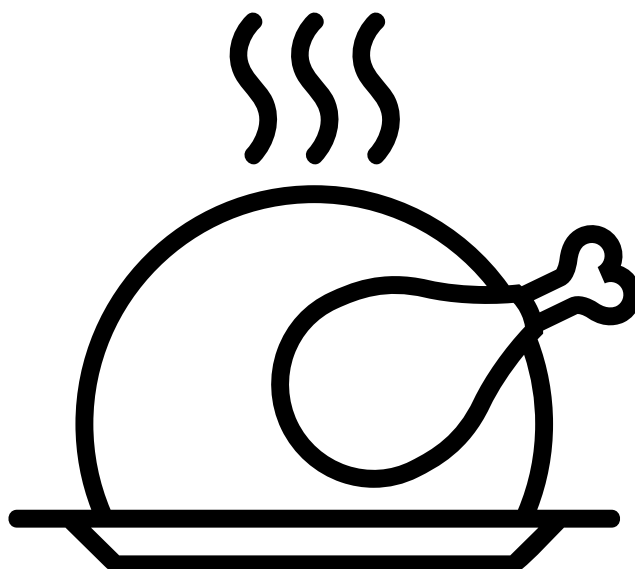
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Poultry that is 99% or 100% fat-free is considered a ZeroPoint food item. Below are the most common options that count.

- 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



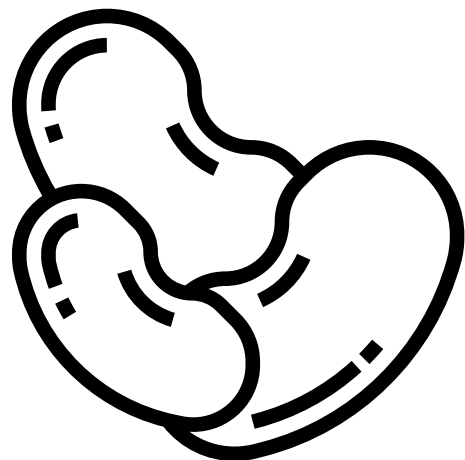
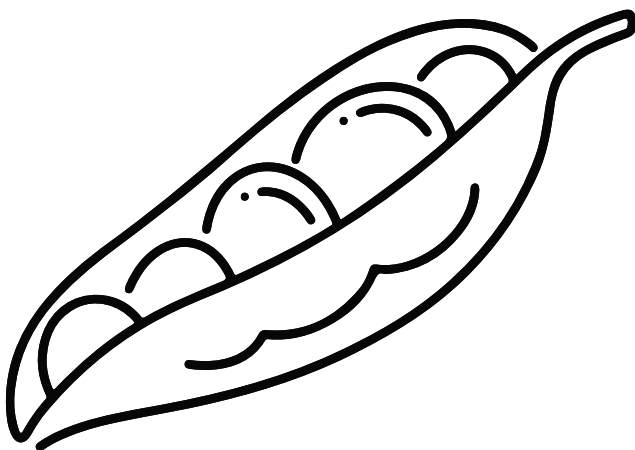
WW PERSONALPOINTS™ ZEROPOINTS BEAN, PEAS, & LENTILS

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- Adzuki beans
- Alfalfa sprouts
- Bean sprouts
- Black beans
- Black-eyed peas
- Cannellini beans
- Chickpeas
- Edamame
- Fava beans
- Great northern beans
- Green peas
- Kidney beans
- Lentils
- Lima beans
- Lupini beans
- Navy beans
- Peas
- Pinto beans
- Refried beans, fat-free, canned
- Soybeans
- Split peas

NOTE: The following notes should be considered when choosing lentils, beans, and peas for your menu plan.

- Canned or cooked-from-scratch plain legumes ARE a ZeroPoint food.
- Hummus or bean spreads that are 100% made of any of the beans or peas listed above and without any added oil or tahini or sugars ARE ZeroPoint foods.
- Legumes that are roasted without any oil ARE ZeroPoint foods.
- Legumes that are cooked in sauces or marinades (such as baked beans) are NOT ZeroPoint foods.



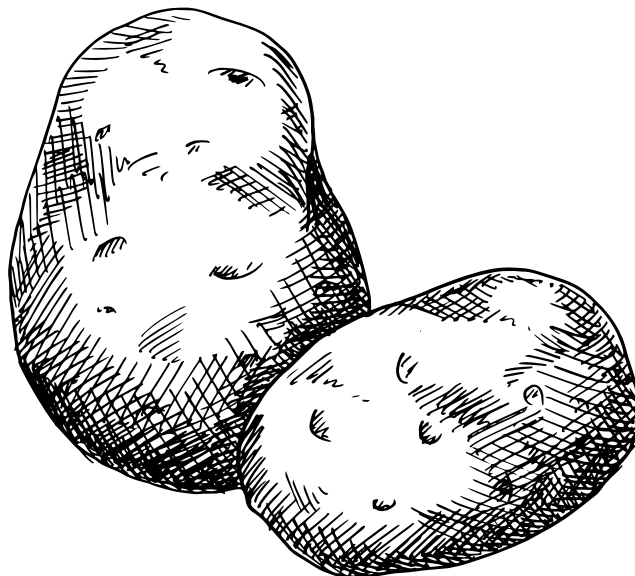
WW PERSONALPOINTS™ ZEROPOINTS POTATOES & STARCHY VEGETABLES

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- 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.



WW PERSONALPOINTS™ ZEROPOINTS FISH AND SHELLFISH

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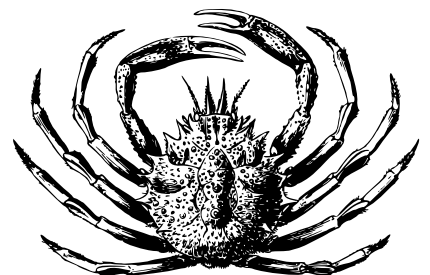
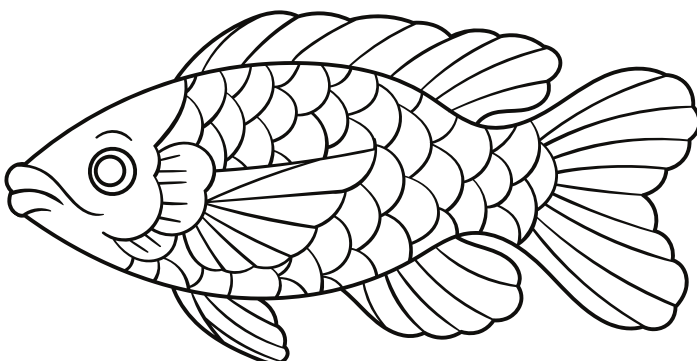
- Abalone
- Alaskan king crab
- Anchovies, canned in water
- Arctic char
- Bluefish
- Branzino
- Butterfish
- Carp
- Catfish
- Caviar
- Clams
- Cod
- Crabmeat, lump
- Crayfish
- Cuttlefish
- Snails
- Snapper
- Sole
- Squid
- Steelhead trout
- Striped bass
- Eel
- Fish roe
- Flounder
- Grouper
- Haddock
- 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.



WW PERSONALPOINTS™ ZEROPOINTS TOFU AND TEMPEH

Soft or firm tofu can be used in many ways to soak up other flavors in recipes. Tempeh is another soybean product that is high in protein and used to replace traditional meat products.

When using these, the tofu and tempeh themselves are ZeroPoints, but if they have added sugars or oils, you will need to count those items separately.

Be careful when shopping for tempeh, especially, as it is often flavored and seasoned with oils, sugars, and sauces that would make it no longer a ZeroPoint item.

