

WEIGHT WATCHERS PROGRAM ZERO-POINT 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

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, however, they are counted.
- Tomatoes while technically a fruit are listed on the ZeroPoint non-starchy vegetable list.

**REMINDER: IF YOU ARE PRE-DIABETIC OR DIABETIC FRUIT WILL
HAVE POINTS ON YOUR PLAN.**

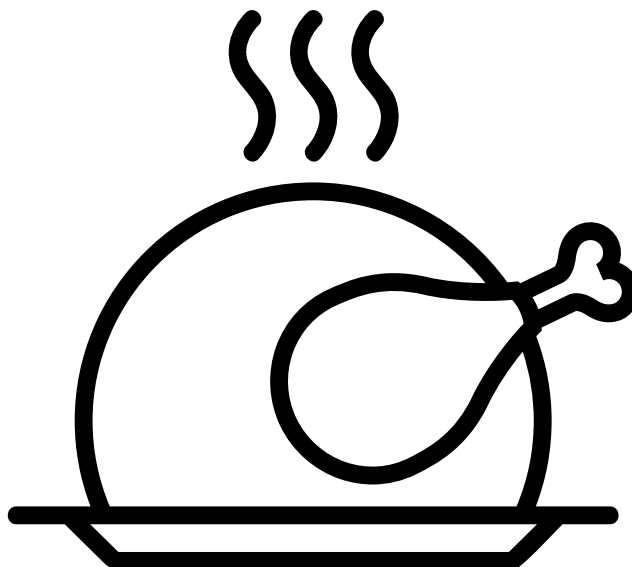
WEIGHT WATCHERS PROGRAM ZERO POINTS POULTRY

Poultry that 98% to 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

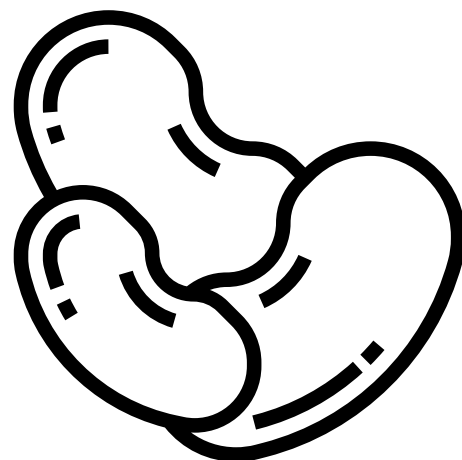
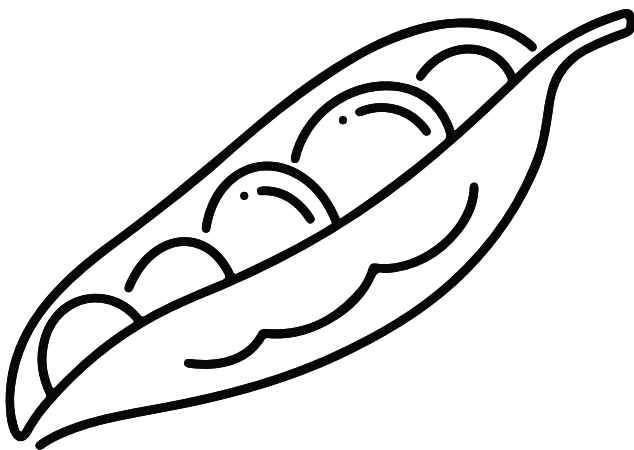


WEIGHT WATCHERS PROGRAM ZERO POINT PEAS, BEANS, AND LENTILS

- 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.



WEIGHT WATCHERS PROGRAM ZERO POINT FISH & SHELLFISH

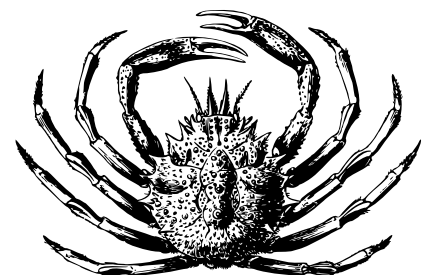
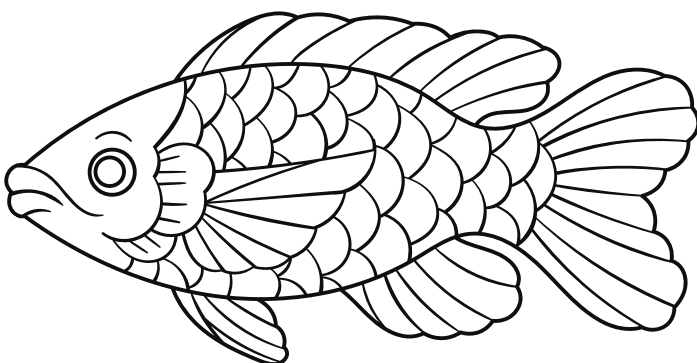
- Abalone
- Alaskan king crab
- Anchovies, canned in water
- Arctic char
- Bluefish
- Branzino
- Butterfish
- Carp
- Catfish
- Caviar
- Clams
- Cod
- Crabmeat, lump
- Crayfish
- Cuttlefish
- Snails
- Snapper
- Sole
- Squid
- Steelhead trout
- Striped bass
- Eel
- Fish roe
- Flounder
- Grouper
- Haddock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

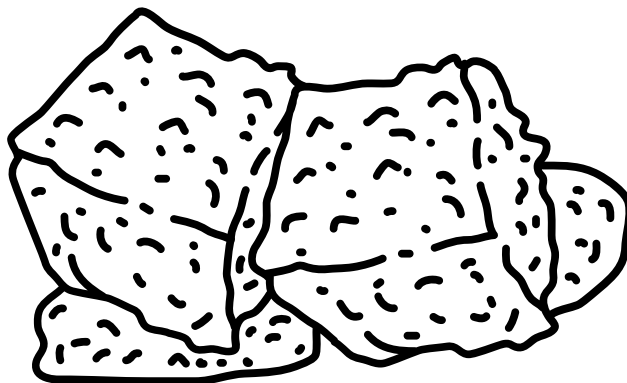


WEIGHT WATCHERS PROGRAM ZERO POINT TOFU AND TEMPEH

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.



WEIGHT WATCHERS PROGRAM ZERO POINT CORN & POPCORN

While corn is a vegetable, it is also often considered a starch. Weight Watchers recognizes this, but does include it on the zero point food list in the options below.

Basically - remember that if you are using it in a recipe or by itself, it won't have points, but when you add butter, oil, or any pointed item to the corn, it will then need to have the points for the additional items calculated.

- Corn
- Canned corn
- Fresh sweet, white, or yellow corn
- Corn on the cob
- Popcorn that is air popped without oil, butter, or sugar
- Hominy
- Popcorn with salt or seasoning that doesn't include oil, butter, or sugar
- Popping corn for popping at home

REMINDER: IF YOU ARE PRE-DIABETIC OR DIABETIC, THE CORN AND POPCORN CATEGORY WILL HAVE POINTS FOR YOU.

WEIGHT WATCHERS ZEROPOINTS EGGS AND DAIRY PRODUCTS

One of the foundations for a healthy diet is in eating protein to keep your brain fueled and body going. While we have some zero point proteins in the poultry, tofu, and beans categories, eggs and dairy can also be a good option for zero point sources of protein. The options below are the only ones that are considered zeropoint in these categories.

- Eggs
- Egg whites
- Egg yolks
- Eggs, hard-boiled or soft-boiled
- Eggs, scrambled, made without fat
- Liquid egg substitute, made from egg whites
- Almond yogurt, plain
- Cottage cheese, plain nonfat
- Greek yogurt, plain nonfat
- Quark, plain, up to 1% fat
- Soy yogurt, plain
- Yogurt, plain nonfat

