

# Veggies

Arugula	Mint
Asparagus	Mushrooms
Bamboo shoots	Nori (dried seaweed)
Basil	Okra
Beets	Onions
Bell peppers	Oregano
Bok choy	Parsley
Broccoli	Pea shoots
Brussels sprouts	Peppers
Butter lettuce	Pickles, unsweetened
Butternut squash	Pimientos,
Cabbage	Pumpkin
Carrots	Radishes
Cauliflower	Rosemary
Celery	Rutabaga
Chiles	Salsa, fat-free
Chives	Sauerkraut
Cilantro	Scallions
Collard greens	Shallots
Cucumbers	Snow peas
Eggplants	Spaghetti squash
Endive	Spinach
Escarole	Sugar snap peas
Fennel	Summer squash
Garlic	Swiss chard
Ginger	Tarragon
Green beans	Thyme
Hearts of palm	Tomatillos
Jicama	Tomatoes
Kale	Turnips
Kohlrabi	Water chestnuts
Leeks	Wax beans
Lettuce	Zucchini

# Eggs \*

Eggs	Liquid egg substitute, made from egg whites
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# ZERO POINT FOODS

Items noted with \* may be included in your personalized WW plan, depending on your choices.

# Fruit \*

Apples	Lemons
Applesauce, unsweetened	Limes
Apricots, fresh	Mangoes
Bananas	Nectarines
Blackberries	Oranges
Blueberries	Papayas
Cantaloupe	Peaches
Cherries	Pears
Clementines	Persimmons
Cranberries, fresh	Pineapples
Dragon fruit	Plums
Figs, fresh	Pomegranates
Grapefruit	Pomelo
Grapes	Raspberries
Guava	Star fruit
Honeydew	Strawberries
Kiwi	Tangerines
Kumquats	Watermelon

# Avocados \*

Avocados	Guacamole, no oil or sugar added
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# Oatmeal \*

Barley flakes	Whole-grain flakes
Oatmeal (instant, old fashioned, rolled, steel)	

# Whole Grains\*

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

# Fish, Seafood\*

Caviar	Oysters
Clams	Sashimi
Crab	Scallops
Eel	Sea cucumber
Fish	Sea urchin
Lobster	Shrimp
Monkfish	Snails
Mussels	Squid
Octopus	Tuna, canned in water

# Poultry\*

Chicken breast, boneless, skinless	Ground chicken breast (98% fat free)
Deli chicken breast	Ground turkey breast, 99% fat-free
Deli-style low sodium turkey breast	Turkey breast, skinless



# ZERO POINT FOODS

## Starchy Veggies\*

Artichokes, no oil	Popcorn
Corn	Potatoes
Lotus root	Squash
Parsnips	Sweet potatoes
Plantains	Yams
	Yucca

## Beans, Peas, Lentils\*

Beans	Refried beans, fat-free
Edamame	Soybeans
Lentils	Split peas
Peas	Sprouts

## Yogurt, Etc.\*

Cottage cheese, fat free	Plain fat free yogurt
Plain fat free Greek yogurt	Unsweetened almond milk yogurt
Plain fat free quark	Unsweetened plain soy yogurt

## Tofu, Tempeh\*

Cooked Tempeh	Konjac noodles
Tofu	Red lentil pasta
Brown rice pasta	Whole Grain pasta
Black bean pasta	Whole Wheat Pasta
Chickpea pasta	Shirataki noodles