

Weight Watchers Zero Point Foods List

A quick-reference list of popular ZeroPoint foods on the standard WeightWatchers Core program. Keep it in the kitchen, tuck it into a meal-planning binder, or take it grocery shopping.

FRUITS

- Apples
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Clementines
- Grapefruit
- Grapes
- Kiwi
- Mango
- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Plums
- Raspberries
- Strawberries
- Tangerines
- Watermelon
- Unsweetened applesauce

POTATOES & STARCHY VEGETABLES

- Baked potatoes
- Baby potatoes
- Fingerling potatoes
- Red potatoes
- Russet potatoes
- Yukon Gold potatoes
- Sweet potatoes
- Yams
- Parsnips
- Plantains (baked or boiled)
- Taro
- Yuca / cassava

CHICKEN & TURKEY

- Skinless chicken breast
- Chicken tenderloins
- Ground chicken breast
- Skinless turkey breast
- Ground turkey breast
- Qualifying deli turkey breast

QUICK TIPS

- ZeroPoint does not mean calorie-free or unlimited.
- Oil, butter, cheese, dressings, sauces and sugar can add Points.
- For packaged foods, check the WW app for the exact product.

NON-STARCHY VEGETABLES

- Asparagus
- Bell peppers
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Green beans
- Kale
- Lettuce
- Mushrooms
- Onions
- Radishes
- Spinach
- Tomatoes
- Zucchini
- Spaghetti squash
- Butternut squash
- Fat-free salsa

BEANS, PEAS & LENTILS

- Black beans
- Black-eyed peas
- Cannellini beans
- Chickpeas
- Edamame
- Green peas
- Kidney beans
- Lentils
- Lima beans
- Navy beans
- Pinto beans
- Split peas

EASY ZEROPOINT MEALS

- Eggs + fruit + potatoes
- Chicken + roasted vegetables
- Greek yogurt + berries
- Salmon + potatoes + broccoli
- Lentil soup
- Chicken vegetable soup

Preparation matters: a plain baked potato may be 0 Points, while butter, cheese, sour cream or oil will add Points.

More Popular ZeroPoint Foods

Page 2: proteins, pantry staples, snacks and everyday extras.

LEAN MEATS

- 90%+ lean ground beef
- Beef eye of round
- Lean sirloin
- Beef tenderloin
- Filet mignon
- Lean bison
- Lean ham
- Pork center loin
- Pork tenderloin
- Lean roast beef
- Venison
- Lean veal

EGGS

- Whole eggs
- Egg whites
- Hard-boiled eggs
- Poached eggs
- Scrambled eggs (no added fat)
- Omelets with ZeroPoint ingredients

CORN & POPCORN

- Corn on the cob
- Fresh corn kernels
- Frozen corn
- Canned corn
- Air-popped popcorn
- Popcorn kernels prepared without oil

YOGURT & COTTAGE CHEESE

- Plain fat-free Greek yogurt
- Plain fat-free regular yogurt
- Plain fat-free cottage cheese
- Unsweetened fat-free yogurt

HERBS, SPICES & DRINKS

- Fresh herbs
- Dried herbs
- Most spices
- Black coffee
- Unsweetened tea
- Plain water
- Sparkling water
- Zero-calorie flavored water

FISH & SHELLFISH

- Cod
- Crab
- Flounder
- Haddock
- Halibut
- Lobster
- Mahi-mahi
- Mussels
- Oysters
- Salmon
- Sardines
- Scallops
- Shrimp
- Snapper
- Swordfish
- Tilapia
- Trout
- Tuna

OATS

- Rolled oats
- Old-fashioned oats
- Quick oats
- Steel-cut oats
- Plain oatmeal made with water
- Overnight oats with ZeroPoint ingredients

TOFU & TEMPEH

- Firm tofu
- Extra-firm tofu
- Silken tofu
- Tempeh
- Tofu prepared without added oil
- Tempeh prepared without added oil

EASY ZEROPOINT SNACKS

- Apple slices + cinnamon
- Hard-boiled eggs
- Greek yogurt + berries
- Air-popped popcorn
- Cottage cheese + fruit
- Edamame
- Banana + cinnamon
- Turkey breast roll-ups

BUILD A ZEROPOINT SOUP

- Start with fat-free broth, tomatoes and vegetables.
- Add chicken breast, beans, lentils, potatoes or seafood.
- Season with herbs and spices; count any oils, cream, cheese or noodles.

Important: This printable is for the standard WeightWatchers Core program. ZeroPoint foods may differ for Diabetes or Menopause plans, and WW can update its program. Check the WW app for your specific plan.