**Weight Watchers Freestyle 0 Point Food List**

All fruits/vegetables are fresh - raw or cooked, frozen or canned without added sugar or oil. All poultry and seafood are fresh – raw or cooked – frozen or canned in 0 Point value sauces, spices and without added oil.

Apples

Applesauce, Unsweetened

Apricots

Arrowroot

Artichoke Hearts

Artichokes

Arugula

Asparagus

Bamboo Shoots

Banana

Beans (All Types)

Beans, Fat Free Refried

Beets

Berries (All Types)

Broccoli

Broccoli Rabe

Broccoli Slaw

Broccolini

Brussels Sprouts

Cabbage (All Types)

Calamari

Cantaloupe

Carrots

Cauliflower

Caviar

Celery

Chard (All Types)

Cherries

Chicken Breast, Ground

 99% Fat Free

Chicken Breasts (Skinless)

Chicken Tenderloin (Skinless)

Chicken Breast on Bone

 (Skinless)

Clementines

Coleslaw Mix (Shredded

 Cabbage & Carrots)

Collards

Corn (Baby Ears, White &

 Yellow, Kernels, Cob)

Cranberries

Cucumber

Daikon

Dates, Fresh

Dragon Fruit

Edamame (Pods/Shelled)

Egg Substitutes

Egg Whites

Eggs, Whole

Eggplant

Endive

Escarole

Fennel

Figs, Fresh

Fish (All Types & Smoked)

Fruit Cocktail

Fruit Cup, Unsweetened

Fruit Salad

Fruit, Unsweetened

Garlic

Ginger Root

Grapefruit

Grapes

Greens (All Types)

Guavas

Hearts of Palm

Honeydew

Jackfruit

Jerk Chicken Breast

Jerusalem Artichokes

Jicama

Kiwi

Kohlrabi

Kumquats

Leeks

Lemon & Lemon Zest

Lentils

Lettuce (All Types)

Lime & Lime Zest

Lychees

Mangoes

Melon Balls

Mung Bean Sprouts

Mung Dal

Mushroom Caps

Mushrooms (All Types)

Nectarines

Nori Seaweed

Okra

Onions

Oranges (All Types)

Papayas

Parsley

Passion Fruit

Pea Shoots

Peaches

Pears

Peas & Carrots

Peas (All Types)

Peppers (All Types)

Pepperoncini

Persimmons

Pickles (Unsweetened)

Pico de Gallo

Pimientos, Canned

Pineapple

Plumcots

Plums

Pomegranate Seeds

Pomegranate

Pomelo

Pumpkin

Pumpkin Puree

 (Unsweetened)

Radicchio

Radishes

Raspberries

Rutabagas

Salad (Mixed Greens)

Salad (Side – Without

 Dressing)

Salad, 3 Bean (No Sugar or

 Oil)

Salsa , Fat Free (All Types)

Sashimi (All Types)

Satay Chicken (No Peanut

 Sauce)

Sauerkraut

Scallions

Seaweed

Shallots

Shellfish (All Types)

Spinach

Sprouts (All Types)

Squash (All Types)

Starfruit

Strawberries

Succotash

Tangelo

Tangerines

Taro

Tofu (All Types)

Tomatillos

Tomato (Puree & Sauce)

Tomatoes (All Types)