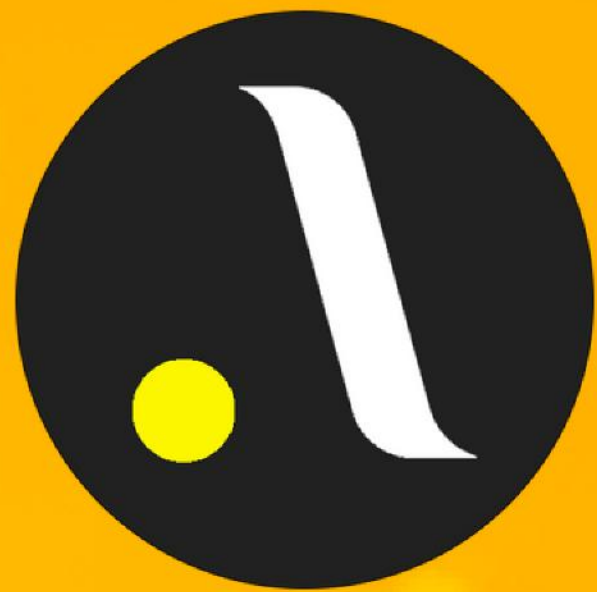


Weight Watchers Zero Points Foods



Beans, peas, & lentils	• Adzuki beans • Black beans • Black-eye peas • Borlotti beans • Broad beans • Butter beans • Cannellini beans	• Chickpeas • Edamame • Green peas • Flageolet beans • Haricot beans • Lentils • Lima beans • Lupin beans	• Mixed beans • Mung beans • Pinto beans • Red beans • Red kidney beans • Soy beans • Split peas
Chicken & turkey breast	• Chicken breast, skinless • Chicken mince, breast	• Turkey breast, skinless • Turkey mince, breast	
Corn & popcorn	• Air-popped popcorn, no added ingredients • tinned corn	• Corn on the cob • Corn, sweet • Corn, white	• Corn, yellow • Popcorn kernels
Eggs	• Eggs, all varieties • Egg whites	• Egg yolks • Hard-boiled eggs	• Scrambled eggs, without added fat • Soft-boiled eggs
Fish & shellfish	• Anchovies (not in oil) • Barramundi • Basa • Bream, red or black • Caviar • Clams • Cockles • Cod, cod loin • Cod roe • Coley • Crab • Crayfish • Dover sole • Haddock • Hake	• Herring • Kingfish • Ling • Lobster • Mackerel • Monkfish • Mullet • Mulloway • Mussels • Octopus • Oyster • Perch • Prawns • Salmon in springwater • Salmon	• Sardines • Sardines in springwater • Scallops • Seafood marinara mix • Skate • Snapper • Sole • Squid • Swordfish • Tilapia • Trevally • Trout • Tuna • Tuna in springwater • Turbot • Whitebait • Whiting

Fruits

- Apple
- Apricot
- Banana
- Berries
- Black currants
- Blackberries
- Blueberries
- Boysenberries
- Cherries
- Clementine
- Cranberries
- Dates, fresh
- Dragon fruit
- Durian
- Elderberries
- Fig
- Grapefruit
- Guava
- Honeydew

- Grapes
- Guava
- Honey dew
- Jackfruit
- Kiwifruit
- Kumquat
- Lemon
- Lime
- Loganberries
- Loquat
- Lychee
- Mandarin
- Mango
- Nashi pear
- Nectarine
- Orange
- Passionfruit
- Papaya
- Peaches
- Star fruit
- Strawberries
- Tangerines
- Watermelon

- Pears
- Persimmon
- Pineapple
- Plums
- Pomegranate
- Quince
- Raspberries
- Rhubarb
- Rockmelon
- Starfruit
- Strawberries
- Tamarillo
- Tangerine
- Watermelon

Non-starchy
veggies

- Asparagus
- Aubergine
- Baby corn
- Bamboo shoots
- Bean sprouts
- Beetroot
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celeriac
- Celery
- Chard
- Chervil

- Choy sum
- Courgette
- Cucumber
- Endive
- Eschalot
- Fennel
- Garlic
- Ginger
- Horseradish
- Kale
- Leek
- Lemongrass
- Lettuce
- Mushrooms
- Mushrooms, dried
- Okra
- Onion

- Radish
- Rocket
- Seaweed
- Shallots
- Snow peas
- Spinach
- Spring onions
- Squash
- String beans
- Sugar snap peas
- Swede
- Tomato
- Tomato passata
- Tomato, semi-dried, not in oil
- Turnip
- Water chestnuts
- Watercress

Tofu & tempeh	• Tempeh, plain	• Tofu, firm or hard • Tofu, silken or soft	• Textured soy protein, plain soya mince, plain soya pieces
Yoghurt & cottage cheese	Yogurt & cottage cheese	• Fat-free natural yoghurt • Fat-free quark • Fat free cottage cheese	• Soy yogurt, plain

WW (Weight Watchers) has helped millions of women and men lose weight and achieve their weight loss goals for a healthier and happier life.

Is Weight Watchers the best program for you? Maybe. No single diet or wellness program is best for every person, as people have unique personalities, lifestyles, and weight loss goals. Also, be sure to talk to your doctor before making any drastic changes to your diet or attempting to lose a lot of weight!

If you do [consider joining WW](#), check out the featured sign-up promotion below, or all [WW coupons here](#).

