

## WW Freestyle Zero Points Food List

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| <input type="checkbox"/> Apples<br><input type="checkbox"/> Applesauce, unsweetened<br><input type="checkbox"/> Apricots<br><input type="checkbox"/> Arrowroot<br><input type="checkbox"/> Artichoke hearts<br><input type="checkbox"/> Artichokes<br><input type="checkbox"/> Arugula<br><input type="checkbox"/> Asparagus<br><input type="checkbox"/> Bamboo shoots<br><input type="checkbox"/> Banana<br><input type="checkbox"/> Beans (all varieties)<br><input type="checkbox"/> Beans, canned fat-free refried<br><input type="checkbox"/> Beets<br><input type="checkbox"/> Berries (all varieties)<br><input type="checkbox"/> Broccoli<br><input type="checkbox"/> Broccoli rabe<br><input type="checkbox"/> Broccoli slaw<br><input type="checkbox"/> Broccolini<br><input type="checkbox"/> Brussels sprouts<br><input type="checkbox"/> Cabbage (all varieties)<br><input type="checkbox"/> Calamari<br><input type="checkbox"/> Cantaloupe<br><input type="checkbox"/> Carrots<br><input type="checkbox"/> Cauliflower<br><input type="checkbox"/> Caviar<br><input type="checkbox"/> Celery<br><input type="checkbox"/> Chard (all varieties)<br><input type="checkbox"/> Cherries<br><input type="checkbox"/> Chicken breast, ground (99% fat-free)<br><input type="checkbox"/> Chicken breast or tenderloin (skinless, boneless or with bone)<br><input type="checkbox"/> Clementines<br><input type="checkbox"/> Coleslaw mix (packaged shredded cabbage and carrots)<br><input type="checkbox"/> Collards<br><input type="checkbox"/> Corn (baby ears, white, yellow, kernels, on the cob)<br><input type="checkbox"/> Cranberries<br><input type="checkbox"/> Cucumber<br><input type="checkbox"/> Daikon<br><input type="checkbox"/> Dates, fresh<br><input type="checkbox"/> Dragon fruit | <input type="checkbox"/> Edamame (pods or shelled)<br><input type="checkbox"/> Egg substitutes<br><input type="checkbox"/> Egg whites<br><input type="checkbox"/> Eggs, whole, including yolks<br><input type="checkbox"/> Eggplant<br><input type="checkbox"/> Endive<br><input type="checkbox"/> Escarole<br><input type="checkbox"/> Fennel<br><input type="checkbox"/> Figs, fresh<br><input type="checkbox"/> Fish (all varieties, including smoked)<br><input type="checkbox"/> Fruit cocktail<br><input type="checkbox"/> Fruit cup, unsweetened<br><input type="checkbox"/> Fruit salad<br><input type="checkbox"/> Fruit, unsweetened<br><input type="checkbox"/> Garlic<br><input type="checkbox"/> Ginger root<br><input type="checkbox"/> Grapefruit<br><input type="checkbox"/> Grapes<br><input type="checkbox"/> Greens (all varieties)<br><input type="checkbox"/> Guavas<br><input type="checkbox"/> Guavas, strawberries<br><input type="checkbox"/> Hearts of palm<br><input type="checkbox"/> Honeydew melon<br><input type="checkbox"/> Jackfruit<br><input type="checkbox"/> Jerk chicken breast<br><input type="checkbox"/> Jerusalem artichokes (sunchoke)<br><input type="checkbox"/> Jicama<br><input type="checkbox"/> Kiwifruit<br><input type="checkbox"/> Kohlrabi<br><input type="checkbox"/> Kumquats<br><input type="checkbox"/> Leeks<br><input type="checkbox"/> Lemon<br><input type="checkbox"/> Lemon zest<br><input type="checkbox"/> Lentils<br><input type="checkbox"/> Lettuce (all varieties)<br><input type="checkbox"/> Lime<br><input type="checkbox"/> Lime zest<br><input type="checkbox"/> Lychees<br><input type="checkbox"/> Mangoes<br><input type="checkbox"/> Melon balls<br><input type="checkbox"/> Mung bean sprouts<br><input type="checkbox"/> Mung dal<br><input type="checkbox"/> Mushroom caps<br><input type="checkbox"/> Mushrooms (all varieties) | <input type="checkbox"/> Nectarines<br><input type="checkbox"/> Nori seaweed<br><input type="checkbox"/> Okra<br><input type="checkbox"/> Onions<br><input type="checkbox"/> Oranges (all varieties)<br><input type="checkbox"/> Papayas<br><input type="checkbox"/> Parsley<br><input type="checkbox"/> Passion fruit<br><input type="checkbox"/> Pea shoots<br><input type="checkbox"/> Peaches<br><input type="checkbox"/> Pears<br><input type="checkbox"/> Peas & carrots<br><input type="checkbox"/> Peas (all varieties)<br><input type="checkbox"/> Peppers (all varieties)<br><input type="checkbox"/> Pepperoncini<br><input type="checkbox"/> Persimmons<br><input type="checkbox"/> Pickles, unsweetened<br><input type="checkbox"/> Pico de gallo<br><input type="checkbox"/> Pimientos, canned<br><input type="checkbox"/> Pineapples<br><input type="checkbox"/> Plumcots<br><input type="checkbox"/> Plums<br><input type="checkbox"/> Pomegranate seeds<br><input type="checkbox"/> Pomegranates<br><input type="checkbox"/> Pomelo<br><input type="checkbox"/> Pumpkin<br><input type="checkbox"/> Pumpkin puree, unsweetened<br><input type="checkbox"/> Radicchio<br><input type="checkbox"/> Radishes<br><input type="checkbox"/> Raspberries<br><input type="checkbox"/> Rutabagas<br><input type="checkbox"/> Salad, mixed greens<br><input type="checkbox"/> Salad, side without dressing<br><input type="checkbox"/> Salad, three-bean without sugar or oil<br><input type="checkbox"/> Salad, tossed without dressing<br><input type="checkbox"/> Salsa, fat-free (all varieties)<br><input type="checkbox"/> Sashimi (all varieties)<br><input type="checkbox"/> Satay chicken without peanut sauce<br><input type="checkbox"/> Sauerkraut<br><input type="checkbox"/> Scallions<br><input type="checkbox"/> Seaweed | <input type="checkbox"/> Shallots<br><input type="checkbox"/> Shellfish (all varieties)<br><input type="checkbox"/> Spinach<br><input type="checkbox"/> Sprouts (all varieties)<br><input type="checkbox"/> Squash (all varieties)<br><input type="checkbox"/> Starfruit<br><input type="checkbox"/> Strawberries<br><input type="checkbox"/> Succotash<br><input type="checkbox"/> Tangelo<br><input type="checkbox"/> Tangerines<br><input type="checkbox"/> Taro<br><input type="checkbox"/> Tofu (all varieties, including smoked)<br><input type="checkbox"/> Tomatillos<br><input type="checkbox"/> Tomato puree<br><input type="checkbox"/> Tomato sauce<br><input type="checkbox"/> Tomatoes (all varieties)<br><input type="checkbox"/> Turkey breast, ground (99% fat-free)<br><input type="checkbox"/> Turkey breast or tenderloin (skinless, boneless or with bone)<br><input type="checkbox"/> Turnips<br><input type="checkbox"/> Vegetables, mixed<br><input type="checkbox"/> Vegetables, stir fry without sauce<br><input type="checkbox"/> Water chestnuts<br><input type="checkbox"/> Watercress<br><input type="checkbox"/> Watermelon<br><input type="checkbox"/> Yogurt, plain, fat-free, unsweetened (all varieties including Greek and soy) |
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\* All fruits & vegetables are fresh (raw or cooked), frozen, or drained canned without added sugar or oil. All poultry & seafood are fresh (raw or cooked), frozen, or canned in 0 SmartPoints value sauces or spices, without added oil.

<https://simple-nourished-living.com>