

WEIGHT WATCHERS ZERO POINT FOODS

Veggies

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

Fruit

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

Whole Grains

Amaranth	Kasha
Ancient grain mix, without seeds barley	Millet
Barley, quick-cooking	Quinoa
Brown basmati rice	Red quinoa
Brown jasmine rice	Rye berries
Brown rice	Sorghum
Brown rice, instant	Spelt
Brown rice, quick- cooking (100%)	Spelt berries
Brown rice-quinoa blend (100%)	Teff
Brown rice-quinoa blend (80/20)	Tricolor quinoa
Budger	Wheat berries
Farro	Whole-grain sorghum
Froelich	Whole-wheat couscous
Kanari	Wild rice
	Wild rice-brown rice blend

Starchy Veggies

Artichokes, no oil	Pappas
Corn	Potatoes
Lentil root	Squash
Parsnips	Sweet potatoes
Plantains	Yams
	Yucca

Beans, Peas, Lentils

Beans	Refried beans, Red Hot
Edamame	Soybeans
Lentils	Split peas
Peas	Starches

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 Taro	Kanji noodles
Tofu	Red lentil pasta
Brown rice pasta	Whole Grain pasta

Oatmeal

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

Poultry

Chicken breast, boneless, skinless	Ground chicken breast (96% fat free)
Deli chicken breast	Ground turkey breast, 99% fat free
Deli-style low sodium turkey breast	Turkey breast, skinless

Fish, Seafood

Crab	Oysters
Clams	Sashimi
Crab	Scallops
Eel	Sea cucumber
Fish	Sea urchin
Lobster	Shrimp
Moré fish	Snails
Mussels	Squid
Octopus	Tuna, warmed in water

Eggs

Figure 1 Liquid and solid substrates, model of the growth of the solid substrate

Avocados

Keywords: *Visual attention, Age, and sex*

Weight Watcher Restarant Guide

WJ Hussar



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