l'm not a bot



Category: Weight Watchers Foods - by: Weight Watchers' ZeroPoint® foods list is an essential component of their dietary program, focusing on foods are nutrient-rich and do not need to be tracked, measured, or weighed, regardless of how often they are consumed. WW ZeroPoint foods 2025 -Printable Nutritional Value: These foods are chosen for their high content of nutrients, vitamins, and minerals. Ease of Use: No need for tracking or measuring these foods. Variety: Over 200 items are included. Categories: There are 9 main categories of ZeroPoint foods. Non-starchy Vegetables: Includes a wide range of vegetables from alfalfa sprouts to zucchini. Fruits: Encompasses a variety of fruits, including common ones like apples and exotic ones like dragon fruit. Eggs: All types of eggs and preparations without added fat. Yoghurt & Cottage Cheese: Focuses on low-fat and plain varieties. Fish & Shellfish: Includes a wide range of seafood options. Chicken & Turkey Breast: Skinless and breast varieties are emphasized. Tofu & Tempeh: Covers different types of tofu and plain tempeh. Corn & Popcorn: Includes air-popped popcorn and various corn types without added ingredients. Beans, Peas & Lentils: Features a variety of legumes. Additional Ingredients: Adding ingredients with Points values (like oil or butter) to ZeroPoint foods will change their points value. Packaged Items: Store-bought items should be checked for added ingredients. Diabetes Program: Members on this program have a different list, tailored to global public health guidelines. Full List: The complete list of ZeroPoint foods is available, along with a printable PDF cheat sheet. According to WW, here is the comprehensive list of all WW ZeroPoint foods by category with a free downloadable PDF, including 200+ foods organized into 9 categories: Adzuki beans Black-eye peas Borlotti beans Lupin beans Lupin beans Mixed beans Mixed beans Black-eye peas Borlotti beans Black-eye peas Bla Mung beans Pinto beans Red beans Red beans Red kidney beans Split peas 99% fat-free refried beans Chicken breast, skinless Chicken breast, skinless Eggs, all varieties Egg whites Egg yolks Hard-boiled eggs Scrambled eggs, without added fat Soft-boiled eggs Abalone Barramundi Basa Blue-eye trevalla Bream Caviar Clams Cod Crab Earramundi Basa Blue-eye trevalla Bream Caviar Clams Cod Crab Earramundi Basa Blue-eye trevalla Bream Caviar Clams Cod Crab Earramundi Basa Blue-eye trevalla Bream Caviar Clams Cod Crab Earramundi Basa Blue-eye trevalla Bream Caviar Clams Cod Crab Earramundi Basa Blue-eye trevalla Bream Caviar Clams Cod Crab Earramundi Basa Blue-eye trevalla Bream Caviar Clams Cod Crab Earramundi Basa Blue-eye trevalla Bream Caviar Clams Cod Crab Earramundi Basa Blue-eye trevalla Bream Caviar Clams Cod Crab Earramundi Basa Blue-eye trevalla Bream Caviar Clams Cod Crab Mussels Octopus Orange roughy Oyster Perch Prawns Red emperor Salmon in springwater or brine Sardines Berries Black currants Blackberries Blueberries Boysenberries Cherries Clementine Cranberries Custard apple Dates, fresh Dragon fruit Durian Elderberries Loquat Lychee Mandarin Mango Mulberries Nashi pear Nectarine Orange Passionfruit Paw paw (Papaya) Peaches Pears Pepino Persimmon Pineapple Plums Pomegranate Prickly pear Quandong Quince Rambutan Raspberries Rhubarb Rockmelon Alfalfa sprouts Artichokes Asparagus Baby corn Bamboo shoots Bean sprouts Beetroot Bitter melon Bok choy Broccoli Broccolini Brussels sprouts Cabbage Capsicum Carrots Cauliflower Celeriac Celery Chard Chervil Chicory Chillies Snow peas Snow pea sprouts Spinach Spring onions Squash String beans Sugar snap peas Swede Tomato Tomato, semi-dried, not in oil Turnip Water chestnuts Watercress Zucchini Tempeh, plain Tofu, silken or soft Plain, soy-based, textured vegetable protein Quorn mince Quorn pieces 97% fat-free cottage cheese 99% fatfree, plain, Greek yoghurt 99% fat-free, plain, natural yoghurt 99% fat-free quark Soy yoghurt, plain Get your hands on a convenient PDF cheat sheet (PDF Printable): 2023 WW ZeroPoint Foods Cheat Sheet (PDF Printable)Free Download 2025 WW ZeroPoint foods Printable: WeightWatchers' ZeroPoint foods list offers a diverse range of nutrient-rich foods that make healthy eating more accessible and manageable. It's designed to be a foundation for a balanced diet without the need for meticulous tracking. Here's a quick FAQ on Weight Watchers' ZeroPoint foods: ZeroPoint foods: ZeroPoint foods that make healthy eating more accessible and manageable. It's designed to be a foundation for a balanced diet without the need for meticulous tracking. on WW include non-starchy vegetables, fruits, fat-free yogurt and cottage cheese, eggs, fish and shellfish, poultry, tofu and tempeh, corn and popcorn, and beans, peas, and lentils. These foods are considered nutritional powerhouses and don't need to be tracked or measured. While ZeroPoint foods are healthy, relying solely on them may not provide a balanced diet. It's important to include a variety of foods in your diet to ensure you get all the necessary nutrients. ZeroPoint foods are designed to complement other foods in your diet. On Weight Watchers, 1-point foods are designed to complement other foods in your diet. strawberries), vegetables with dips (celery with yogurt cream cheese), grains (half a cup of puffed rice cereal), and protein sources (prosciutto-wrapped asparagus, 7 almonds). These options provide versatile, low-point snack choices. Eggs are 0 points because they are rich in protein and other nutrients, which can help keep you full and satisfied without consuming too many calories. WW suggests eating ZeroPoint foods in your usual portion sizes. For example, if you typically eat two eggs for breakfast, stick to that amount. The idea is to listen to your body's hunger cues and eat until you're satisfied. Rice is not a zero point food on WW. It has a points value due to its calorie and carbohydrate content. Both brown and white rice is a zero-point food. For the most accurate and personalized information, it's always best to refer to the WW app or website, as the points system is tailored to individual dietary needs and goals. Subscribe free to get the latest posts sent to your email. Get free Weight Watchers printables, lists & kits Receive Weight Watchers news, tips, tricks, kits, and tools to your email for free! A printable Weight Watchers food list provides you with a convenient way to keep track of your points and make healthier food choices. You can easily refer to it while planning meals, shopping for groceries, or when dining out, helping you stay on track with your weight loss goals. Having this list readily accessible encourages consistency and accountability in your diet, aiding in a more structured and informed approach to eating. Weight Watchers Food Points List Foods Printable Weight Watchers Food Points List Weight Watchers Food Points List Foods Printable Weight Watchers Food Points List Weigh Food Journal Printable Weight Watchers Freestyle Zero Point Foods Printable Having the Weight Watchers PointsPlus Food List at your diet goals. It simplifies tracking what you eat by assigning points to foods based on their nutritional value, encouraging healthier eating choices without the need to measure every portion meticulously. Weight Watchers Freestyle Zero Point Foods Your journey to weight loss can be easier with the Weight Watchers Freestyle Zero Point Foods that you can enjoy without spending any of your daily points, making it effortless to snack healthily and stay satisfied while reaching your weight loss objectives. Weight Watchers Food Journal Using a Weight Watchers Food Journal Printable is a practical tool for monitoring your eating habits and progress. It supports your commitment to healthy eating by allowing you to record every meal and snack, thus ensuring you stay within your daily points limit and on track towards your goals. Author: Anneke Virna Murdoko Editor: Printablee Team Category: Weight Watchers - Exclusives - by: Looking for Weight Watchers Smart Points foods list? Check this free guide, list & chart to track your daily food points, based on WW Freestyle (Blue) + Complete printable PDF. You may be looking for the foods that have the least amount of points, or you might be trying to figure out which foods are better for you. Whatever your goals, you can use the list below to help plan your meals. As a general rule, the fewer Smart Points are bad for you though — some just aren't as ideal as others. This WW foods list is brought to you with love to help you track your daily food points using the following criteria: 1 cup = ~250 milliliters, 1 teaspoon = ~5 milliliters The points above are an estimate based on the average. The actual points can be very different depending on the type, the way of being prepared/cooked, etc. *P.S. this information is based on the SmartPoints (old system) not the Points system! Based on the Freestyle program (Blue plan), below is a WW chart of foods by category with old and recent SmartPoints (After 2018 to Nov. 2021)WW FruitsApple1 small (4) oz.)100Banana1 medium (6 oz.)200Mango1 (8 oz.)200Orange1 (4 oz.)100Peach1 (5 oz.)100Peach1 Meals/SnacksBread, regular1 slice (1 oz.)222Butter1 tea spoon135Caesar salad3 cups7910Hamburger1 (McDonald Medium)698Cheeseburger1 (McDonald Medium)698Cheeseburger1 (McDonald Medium)81210Chocolate1 oz.348Cucumber1 cup000Pizza1 slice (5 oz.)6 - 108-1410-16Potato (uncooked)1 cup (8 oz.)345Rice, cooked1 cup456Sandwich18 -1610-2010-23 Beverages/DairyApple Cider / Juice1 cup336Diet Coke1 cup336Di Weight Watchers foods, along with their Smart Points values, according to the WW Freestyle (Blue plan): Almond milk: (plain, unsweetened, 1 cup) 1 SmartPoints Asparagus: (makes your pee smell!) 0 SmartPoints Asparagus: (makes your pee smell!) 0 SmartPoints Bacon: (cooked, 3 slices) 5 SmartPoints Asparagus: (makes your pee smell!) 0 SmartPoints Asparagus: (makes your pee smell!) 0 SmartPoints Bacon:
(cooked, 3 slices) 5 SmartPoints Asparagus: (makes your pee smell!) 0 SmartPoints Asparagus: (makes your pee smell!) 0 SmartPoints Bacon: (cooked, 3 slices) 5 SmartPoints Asparagus: (makes your pee smell!) 0 SmartPoints Asp SmartPoints Bagel: (any kind, 1 small or 1/2 large, 2 oz.) 5 SmartPoints Black beans: (canned, 1/2 cup) 3 Smart Broccoli: 0 SmartPoints Burger: (4 oz. beef patty, no cheese or bun, more) 8 Smart Points Caesar salad: (3 cups) 10 SmartPoints Caesar salad: (3 cups) 10 SmartPoints Cheese, American, 1 slice or 1 ounce: 4 SmartPoints Cheese, Cheddar or Colby: (shredded, 1/4 cup) 4 Smart Points Cheeseburger: (beef, 3 oz. w/ bun) 12 SmartPoints Cokies: (chocolate, chip, oatmeal, sugar) 3 Smart Points Corn on the cob: (1 medium) 4 SmartPoints Cottage cheese: (fat-free, 1 cup) 2 SmartPoints Cream or half & half: (2 tbsp) 2 Smart Points Cucumber: 0 SmartPoints Deli meat, ham, honey, lean, sliced, 2 oz.: 2 SmartPoints Egg, fried: 3 SmartPoints Egg, fried: 3 SmartPoints Egg, fried: 3 SmartPoints Egg, scrambled: (w/ milk and butter, 2 or 1/2 cup) 6 SmartPoints English muffin: 4 SmartPoints Feta cheese: (crumbled, 1 oz) 3 Smart Points Fish, tilapia: (fresh, baked, 3 oz.) 1 SmartPoints French fries: (20 fries or 6 oz., Yikes!) 13 SmartPoints Grapes: 0 Smart Points Grapes: 0 SmartPoints Grapes: 0 SmartPoints Grapes: 0 SmartPoints Fruit: (fresh, unsweetened) 0 SmartPoints Grapes: 0 SmartPoints Gr SmartPoints Hummus: (2 Tbsp) 2 SmartPoints Lettuce: (Romaine, iceberg) 0 SmartPoints Milk, 2%: (reduced fat 1 cup) 3 SmartPoints Milk, 2%: (reduced fat 1 cup) 4 SmartPoints Milk, 2%: (reduced fat 1 cup) 4 SmartPoints Milk, 2%: (reduced fat 1 cup) 5 SmartPoints Milk, 2%: (reduced fat 1 Oatmeal: (cooked, 1 cup) 5 SmartPoints Olive oil: (1 Tbsp) 4 SmartPoints Onions: 0 SmartPoints Orange Juice: 6 SmartPoints Peach: 0 Sma SmartPoints Pork chop: (3 oz. cooked, lean, boneless) 3 SmartPoints Red peppers: 0 SmartPoints Rice, brown: (cooked, 1 cup) 6 SmartPoints Rice, brown: (co fat, 1 tbsp) 1 SmartPoint Salad dressing, Italian: (not creamy 2 tbsp) 3 SmartPoints Salad dressing, Ranch: (2 Tbsp) 5 SmartPoints Salad: (mixed greens) 0 SmartPoints Salad: 0 Smart Points Splenda: (1-3 packets) 0 WW points Sugar: (white, granulated, 1 tsp) 1 Smart Points Tortilla, flour: (1 ounce) 4 Smart Points Tortilla, flour: (1 medium or 1 oz.) 3 SmartPoints Tuna (canned in water, drained, 3 oz.) 1 SmartPoints Tuna (grilled, 3 oz.) 1 Smart Point Turkey bacon: (cooked, 3 slices) 3 SmartPoints Turkey burger: (3 oz. 93% lean, w/ bun) 9 Smart Points Turkey, deli: (sliced, low fat, 2 ounces) 1 SmartPoints Wine, white: (5 ounces) 4 Smart Points Turkey, deli: (sliced, low fat, 2 ounces) 1 SmartPoints Wine, white: (5 ounces) 4 Smart Points Turkey, deli: (sliced, low fat, 2 ounces) 4 SmartPoints Wine, white: (5 ounces) 4 Smart Points Turkey, deli: (sliced, low fat, 2 ounces) 4 Smart Points Turkey, deli: (sliced, low Yogurt: (plain, low-fat, 1 cup) 3 SmartPoints Yogurt, Greek: (plain, fat-free, 1 cup) 0 SmartPoints Zucchini: 0 SmartPoints Follow WW updates, and join this free newsletter! *Source FAQ: Everything You Need to Know About Weight Watchers Smart Points Follow WW updates, and join this free newsletter! *Source FAQ: Everything You Need to Know About Weight Watchers Smart Points Follow WW updates, and join this free newsletter! *Source FAQ: Everything You Need to Know About Weight Watchers Smart Points Follow WW updates, and join this free newsletter! *Source FAQ: Everything You Need to Know About Weight Watchers Smart Points Follow WW updates, and join this free newsletter! *Source FAQ: Everything You Need to Know About Weight Watchers Smart Points Follow WW updates, and join this free newsletter! *Source FAQ: Everything You Need to Know About Weight Watchers Smart Points Follow WW updates, and join this free newsletter! *Source FAQ: Everything You Need to Know About Weight Watchers Smart Points Follow WW updates, and join this free newsletter! *Source FAQ: Everything You Need to Know About Weight Watchers Smart Points Follow WW updates, and join this free newsletter! *Source FAQ: Everything You Need to Know About Weight Watchers Smart Points Follow WW updates, and join this free newsletter! *Source FAQ: Everything You Need to Know About Weight Watchers Smart Points Follow WW updates, and join this free newsletter! *Source FAQ: Everything You Need to Know About Weight Watchers Smart Points Follow WW updates, and join this free newsletter! *Source FAQ: Everything You Need to Know About Weight Watchers Smart Points Follow WW updates, and join this free newsletter! *Source FAQ: Everything You Need to Know About Weight Watchers Smart Points Follow WW updates, and join this free newsletter! *Source FAQ: Everything You Need to Know About Weight Watchers Smart Points Follow WW updates, and join this free newsletter! *Source FAQ: Everything You Need to Know About WW updates, and join this free newsletter! *Source FAQ: Every points! With 2,490 calories with 173 grams of fat and 100 grams of sugar, it is perhaps the granddaddy of all single-serve restaurant foods. In December, Weight Watchers released an updated list of over 200 zero-point foods that diet plan followers can eat in unlimited quantities. The list of zero-point items includes things like eggs and fish. In other words, people don't tend to overindulge in healthy, filling foods. Favorite Frozen Foods: Tyson Blackened Chicken and Broccoli. Solid Choice Cafe Steamers Chicken Pesto Classico. 0 points; All fresh fruit, including bananas, has 0 points in the Weight Watchers program. In addition to bananas, the 0-point fruit list includes apples, apricots, blueberries, grapes, oranges, pineapples, plums, raspberries, and watermelon. Zero Point Snacks Blue Plan : Little pot (approx ½ cup) of 0% fat Greek yogurt with a small bunch of (thawed out) frozen sweet cherries. A bubbled egg dunked in a tablespoon of fat-free mayonnaise. Skinny turkey bosom/chicken bosom wrapped round salted gherkin. A pot of sugar-free prepared-to-eat Jell-o/jam. Some Weight Watchers Breakfast Recipes Solid Oatmeal Pancakes. "An extraordinary breakfast — good, filling, and yummy." Oat Banana Nut Muffins. "These were extraordinary! Fried Egg Tortilla Wraps. One-Point Pancakes. Banana-Stuffed French Toast. Bacon, Egg, and Hash Browns Stacks. Mock Blueberry Cream Cheese Danish. Breakfast Burrito. Yes. If we have the packaged food in our database, the displayed SmartPoints value will be shown with the ZeroPoint ingredients removed, assuming they are actually 0. (For example, pre-made scrambled eggs with milk and butter are not a ZeroPoint food.) Depressed spot Bread | 1 Smart Point for each cut (40 calories) Sound Life Honey Wheat 35 Calorie Bread | 1 Smart Point for each cut (35 calories) Dave's Killer Bread 60 Thin Sliced Power seed Bread | 2 Smart Point for each cut (40 calories) Sound Life Honey Wheat 35 Calorie Bread | 1 Smart Point for each cut (35 calories) Dave's Killer Bread 60 Thin Sliced Power seed Bread | 2 Smart Point for each cut (35 calories) Dave's Killer Bread 60 Thin Sliced Power seed Bread | 2 Smart Point for each cut (35 calories) Dave's Killer Bread 60 Thin Sliced Power seed Bread | 2 Smart Point for each cut (35 calories) Dave's Killer Bread 60 Thin Sliced Power seed Bread | 2 Smart Point for each cut (35 calories) Dave's Killer Bread 60 Thin Sliced Power seed Bread | 2 Smart Point for each cut (35 calories) Dave's Killer Bread 60 Thin Sliced Power seed Bread | 2 Smart Point for each cut (35 calories) Dave's Killer Bread 60 Thin Sliced Power seed Bread | 2 Smart Point for each cut (35 calories) Dave's Killer Bread 60 Thin Sliced Power seed Bread | 2 Smart Point for each cut (35 calories) Dave's Killer Bread 60 Thin Sliced Power seed Bread | 2 Smart Point for each cut (35 calories) Dave's Killer Bread 60 Thin Sliced Power seed Bread | 2 Smart Point for each cut (35 calories) Dave's Killer Bread 60 Thin Sliced Power seed Bread | 2 Smart Point for each cut (35 calories) Dave's Killer Bread 60 Thin Sliced Power seed Bread | 2 Smart Point for each cut (35 calories) Dave's Killer Bread 60 Thin Sliced Power seed Bread | 2 Smart Point for each cut (35 calories) Dave's Killer Bread 60 Thin Sliced Power seed Bread 10 Smart Point for each cut (35 calories) Dave's Killer Bread 60 Thin Sliced Power seed Bread 10 Smart Power seed 80 Points for each cut (60 calories) Schmidt Old Tyme Wheat Bread | 1 Smart Point
for each cut (40 calories) Solid Cereals You Should Be Eating If You Want To Lose: Extraordinary K Protein Plus. Cheerios Protein. BearNaked Honey Almond. bear naked granola Cinnamon Harvest Whole Wheat Biscuits. Fiber One. Dietitians recommend limiting your weekly egg intake to six to seven eggs, however Chryssidis says it has more to do with targeting a variety of protein sources than limiting egg consumption. 3; Each serving contains 132 calories, 7 grams of fat, and 3 Weight Watchers SmartPoints. 1.4 focuses - Conjecture #3: A cut of bread is 1.4 focuses. 1 cut = 1.4 focuses ~ 1 point. 2 cuts = 2.8 focuses ~ 3 focuses. 3 cuts = 4.2 focuses. Why are you hungry on weight control or other diet is the result of not eating the three macronutrients (protein, fats and carbohydrates) in the right balance. Each meal and snack should contain a mixture of 3 macronutrients. If you find you are hungry soon after, it is because these are all carbohydrates. Oatmeal removes much of the fiber, so the sugars/proteins per unit volume you eat are higher. It is a cooked cup, 1/4 cup raw for steel cutting. That "getting started" energy is what gives oats (and other seeds and nuts) high calories. The Healthiest Cereals You Can Eat: Oats. Oats are a nutritious grain decision. Do-It-Yourself Muesli. Bort of grain. Custom made Granola. Do-It-Yourself Cinnamon Crunch Cereal. Kashi 7 Whole Grain Nuggets. Post Foods Grape Nuts. Weave's Red Mill Paleo-Style Muesli. Ezekiel 4:9 Sprouted Grain Cereals. 8 Ways to Lose Belly Fat and Live a Healthier Life: Take a stab at controling carbs rather than fats. Think eating plan, not eating routine. Continue to move. Lift loads. Become a name peruser. Move away from handled nourishments. Zero in transit your garments fit more than perusing a scale. Spend time with wellbeing centered companions. With the muesli diet, replace two meals a day with muesli and milk. Although the diet has been around for a while, it has recently gained popularity. It appears to be effective for short-term weight loss and can be high in fiber and whole grains. However, it can also be sugary and overly restrictive. The science is certain that up to 3 entire eggs each day are completely alright for solid individuals. Synopsis Eggs reliably raise HDL (the "great") cholesterol. For 70% of individuals, there is no expansion altogether or LDL cholesterol. A few group may encounter a gentle expansion in a benevolent subtype of LDL. Stick spread (5 SmartPoints per tablespoon) "In any case, its fat and calories can add up rapidly, particularly on the off chance that you're ignorant of chance that you're the amount you're utilizing." For partition control, have a go at showering one teaspoon (2 SmartPoints) of liquefied spread over veggies or whirled into sauces. Subscribe free to get the latest posts sent to your email for free! Category: Weight Watchers - Exclusives - by: This ultimate Weight Watchers food points list will help you track your daily points and SmartPoints. If you're having difficulty trying to find the most affordable points, then perhaps this list can help. This cost-to-point ratio is just a starting point in your life and the weight loss journey that's best for you! So don't be discouraged if one food has more SmartPoints than another because all of these foods are great options whether it's breakfast, lunch, or dinner. You'll feel satisfied with any meal as long as it fits into your daily healthy lifestyle goals. Weight Watchers is a healthy and effective diet plan. It is a program that combines food choices with daily and weekly activities to help participants lose weight. The goal of the program is to be at a healthy weight. Weight Watchers offers various types of plans, such as food points, which allow you to manage how many points you need per day and week. The WW plan can be tailored to fit your lifestyle and needs. This article will share the Weight Watchers SmartPoints system (before Nov. 2021) within the Freestyle program (aka WW Blue plan). So, if you are still using the old system, you can still use this guide. The PersonalPoints system was also stopped; but you can still find out more about it! (PDF Guide) Notice: In November 2022, WW released a new version of their product, which was based on Points®. This implementation will be effective through this year. Please stay informed and check your WW account on the mobile app for any updates or changes.. You will find some info here. Follow WW updates, information, and toolkits. Join this free newsletter! The Weight Watchers food list is an easy way to help you track your daily intake, lose weight, and maintain a healthy body weight. The list has been designed with those who are interested in losing weight or maintaining a healthy weight in mind. It can be especially helpful for those who struggle with portion control or controlling their appetite. The Weight loss. The list of foods consists of point values, which are used to determine how many Weight Watchers points can be accumulated from each meal or snack. The Weight Watchers food list is a great tool for managing your weight loss journey. By using it, you can calculate the points value of your meals and keep track of your progress. Once you know your daily points allowance, you can use the food list to plan your meals and stay within your allotted points for the day. This way, you can control your food intake and achieve your weight loss goals. Here are some helpful tips on how to use the list: Find the number of points in each item in the meal by finding their corresponding. Add up all items' points to find your total. Alternatively, you may follow WW recipes, which provide total points for each meal! To determine the points calculator is a faster method than manually looking up the points value on the food list. The following are some tips for how to use the Weight Watchers food list correctly: Make sure you're not eating too many grams of protein.) Make sure that your points values incorporate all of your nutritional needs and only take into account what you eat and drink as well as any supplements that might be included with a meal or snack. Keep track of what your overall point value is so that you know when it's time to make changes in what you eat or drink. First, use the calculator to know the daily allowance goal and Points needed per meal. Next you have to figure out the points value of a meal or snack, you must add up the points value of each food item included in the meal or snack. You can find these values by searching for each items, so you must add up the points value of each item to determine the total points value of the meal or snack. If you are trying to lose weight or maintain a healthy weight, it's important to keep track of your daily intake and monitor how much you're eating. Weight Watchers provides a handy tool for this purpose: their food list. With this list in hand, you can easily calculate the points value of each meal and snack, as well as track your total weight loss and progress. Here is the complete guide to the Weight Watchers food list, with helpful tips on how to use it correctly. Keep your food list at hand. If you're tracking your weight, you'll need to keep track of the value of your points. Don't skip meals. Skipping meals can cause a dip in your metabolism and slow down the weight loss process. Use the Weight Watchers app or online tracker to help keep track of what you eat. This list contains Weight Watchers points and the latest points calculations: 1 cup = ~250 milliliters, 1 teaspoon = ~5 milliliters, 1 teaspoon = ~5 milliliters, 1 teaspoon = ~250 milliliters, 1 teaspoon = ~5 milliliters, 1 Points Calculator Allowance (points for daily allowance based on your weight...), and this Free SmartPoints WW Calculator (points based on food metrics) In general, the Weight Watchers food list normally includes fruits such as apple, banana, and mango, proteins such as beef, cooked chicken, and eggs, certain specified snacks and beverages, and dairies such as low-fat milk and yogurt. The popular WW food list is shown in the chart below with points broken down by category and program period: NameAmountOld Points(After 2018 to Nov. 2010)Old Point(Nov. 2010)Old Points(After 2018 to Nov. 2018 oz.)200Orange1 (4 oz.)100Pear1 (5 oz.)100Pear1 (5 oz.)100Pear1 (5 oz.)100Pear1 (5 oz.)100Pear1 slice (2 oz.)230Egg1 (2 oz.)220Fish, Catfish, cooked1 slice (2 oz.)263Shrimp, cooked1 slice (2 oz.)230Egg1 (2 oz.)220Fish, Catfish, cooked1 slice (2 oz.)230Egg1 (2 oz.)220Fish, Catfish, cooked1 slice (2 oz.)244Chicken, cooked1 slice (2 oz.)230Egg1 (2 oz.)220Fish, Catfish, cooked1 slice (2 oz.)230Egg1 (2 oz.)244Chicken, cooked1 slice spoon135Caesar salad3 cups7910Hamburger1 (McDonald Medium)81210Chocolate1 oz.348Cucumber1 cup000Pizza1 slice (5 oz.)6 - 108-1410-16Potato (uncooked)1 cup (8 oz.)345Rice, cooked1 cup456Sandwich18 - 1610-2010-23 Beverages/DairyApple Cider / Juice1 cup235Orange Juice1 cup346Beer, regular1 can or bottle355Coca-Cola Classic1 cup336Diet Coke1 cup000Sprite1 cup457Yogurt1 cup460 Download List Complete List In order to make it easier for you to plan your diet, we've prepared a list of 99 foods with the most tracked WW Smart Points in alphabetical order. While this is not a complete list of all foods on Weight Watchers, it represents the most popular and common foods people are using to track their weight loss progress on Weight Watchers. If you want a complete list, click here! To calculate the points value of a meal, you will first need to know what their weight loss progress on Weight Watchers. serving size is. This can be found in the nutrition label on the package or listed on their website. The serving size for foods that contain protein are listed as "Servings per container." As well as being popular with those who are trying to lose weight and maintain their lifestyle, WW foods are also popular among dieters who just want to eat healthier while they're on
vacation or away from home. They'll feel confident knowing that they can enjoy their favorite "treats" without going overboard on their points limits! In general, the Weight Watchers SmartPoints food list includes almond milk (1SP), avocado (2SP), beef ground (4SP), oats, and other items. Take a look at this list of 102 foods with their Smart Points: Almond milk: (plain, unsweetened, 1 cup) 1 SmartPoints Apple: 0 SmartPoints Apple: 0 SmartPoints Apple: 0 SmartPoints Apple: 0 SmartPoints Bacon: (cooked, 3 slices) 5 SmartPoints Bacon: (cooked, 3 slices) 5 SmartPoints Apple: 0 SmartPoints Bacon: (cooked, 3 slices) 5 SmartPoints Apple: 0 SmartPoints Apple: 0 SmartPoints Apple: 0 SmartPoints Bacon: (cooked, 3 slices) 5 SmartPoints Bacon: (cooked, 3 slices) 5 SmartPoints Apple: 0 SmartPoints Bacon: (cooked, 3 slices) 5 SmartPoints Bacon: (cooked, 3 slices) 5 SmartPoints Bacon: (cooked, 3 slices) 5 SmartPoints Apple: 0 SmartPoints Bacon: (cooked, 3 slices) 5 SmartPoints Bacon: free!) 0 SmartPoints Beef, ground: (90% lean, cooked, 3 oz.) 4 SmartPoints Blackberries: 0 SmartPoints Black beans: (canned, 1/2 cup) 3 SmartPoints Blackberries: 0 SmartPoints Black beans: (canned, 1/2 cup) 3 SmartPoints Black beans: (canned, 1/2 cup) 3 SmartPoints Blackberries: 0 SmartPoints Black beans: (canned, 1/2 cup) 3 SmartPoin Butter: (1 tbsp) 5 SmartPoints Caesar salad: (3 cups) 10 SmartPoints Cantaloupe: 0 SmartPoints Cheese, American, 1 slice or 1 ounce: 4 SmartPoints Cheese, Cheddar or Colby: (shredded, 1/4 cup) 4 SmartPoints Cheese, and (3 cups) 10 SmartPoints Cheese, American, 1 slice or 1 ounce: 4 SmartPoints Cheese, Cheddar or Colby: (shredded, 1/4 cup) 4 SmartPoints Cheese, Che SmartPoints Chicken breast: (cooked, boneless, skinless, 3 oz.) 2 SmartPoints Cottage cheese: (fat-free, 1 cup) 0 SmartPoints Cottage cheese: (fat-free, 1 cup) 2 SmartPoints Cream or half & half: (2 tbsp) 2 Smart Points Cucumber: 0 SmartPoints Deli meat, ham, honey, lean, sliced, 2 oz.: 2 SmartPoints Egg, scrambled: (w/ milk and butter, 2 or 1/2 cup) 6 SmartPoints Egg, fried: 3 SmartPoints Eg French fries: (20 fries or 6 oz., Yikes!) 13 SmartPoints Fruit: (fresh, unsweetened) 0 SmartPoints Grapes: 0 SmartPoints Grapes: 0 SmartPoints Hummus: (2 Tbsp) 1 SmartPoints Hummus: (2 Tbsp) 1 SmartPoints Hummus: (2 Tbsp) 1 SmartPoints Grapes: 0 SmartPoints Hummus: (2 Tbsp) 1 SmartPoints Hummus: (2 Tbsp) 1 SmartPoints Grapes: 0 SmartPoints Hummus: (2 Tbsp) 1 SmartPoints Mayonnaise: (1 Tbsp) 3 Smart Points Milk, skim: (non-fat, 1 cup) 3 SmartPoints Mushrooms: 0 SmartPoints Milk, 2%: (reduced fat 1 cup) 5 SmartPoints Mushrooms: 0 SmartPoints Milk, 2%: (reduced fat 1 cup) 5 SmartPoints Milk, 2%: (reduced fat 1 cup) 5 SmartPoints Mushrooms: 0 SmartPoints Milk, 2%: (reduced fat 1 cup) 5 SmartPoints Milk, 2%: (reduced fat 1 cup) 5 SmartPoints Mushrooms: 0 SmartPoints Milk, 2%: (reduced fat 1 cup) 5 SmartPoints Milk, 2%: (reduced SmartPoints Orange Juice: 6 SmartPoints Peach: 0 Sm baked: (plain, 1, 6 ounces) 5 Smart Points Potatoes, mashed: (1/2 cup) 4 SmartPoints Raspberries: 0 SmartPoints Red peppers: 0 SmartPoints Rice, brown: (cooked, 1 cup) 6 SmartPoints Rice, brown: (c SmartPoints Salad dressing, Ranch: (2 Tbsp) 5 SmartPoints Salad: (mixed greens) 0 Smart Points Salmon: (wild-caught) 0 points Salsa: (fat-free) 0 Smart Points Salad: (12 oz., Sprite, similar) 7 Smart Points Spinach: 0 SmartPoints Strawberries: 0 Smart Points Splenda: (1-3 packets) 0 WW points Sugar: (white granulated, 1 tsp) 1 Smart Points Tortilla, flour: (1 medium or 1 oz.) 3 SmartPoints Tortilla, flour: (1 medium or 1 oz.) 3 SmartPoints Tortilla, flour: (1 medium or 1 oz.) 3 SmartPoints Tortilla, flour: (2 medium or 1 oz.) 3 SmartPoints Tortilla, flour: (1 medium or 1 oz.) 3 SmartPoints Tortilla, flour: (2 medium or 1 oz.) 3 SmartPoints Tortilla, flour: (2 medium or 1 oz.) 3 SmartPoints Tortilla, flour: (2 medium or 1 oz.) 3 SmartPoints Tortilla, flour: (2 medium or 1 oz.) 3 SmartPoints Tortilla, flour: (2 medium or 1 oz.) 3 SmartPoints Tortilla, flour: (2 medium or 1 oz.) 3 SmartPoints Tortilla, flour: (2 medium or 1 oz.) 3 SmartPoints Tortilla, flour: (2 medium or 1 oz.) 4 SmartPoints Tortilla, flour: (2 med SmartPoints Turkey burger: (3 oz. 93% lean, w/ bun) 9 Smart Points Turkey, deli: (sliced, low fat, 2 ounces) 1 SmartPoints Wine, Red: (5 oz) 4 SmartPoints Wine, white: (5 ounces) 4 Smart Points Yogurt: (plain, low-fat, 1 cup) 3 SmartPoints Yogurt, Greek: (plain, fat free, 1 cup) 0 SmartPoints Zucchini: 0 SmartPoints Zucchini: 0 SmartPoints *Sources 1, 2 WW food list printables example! Free List Complete List Follow WW updates, information, and toolkits. Join this free newsletter! WW Essentials - Shop: ALL THE WW PRINTABLES- These WW calculators will help you check and track your allowed points: check this free weight WW calculator allowance (points for daily allowance based on your weight...) + also this free smart points Weight Watchers calculator (points based on food metrics) - 650+ Full WW Zero Point Foods List (+ Free Printable example! Everything You Need to Know About Weight Watchers Food Points While you're on the Weight Watchers diet, it's important to remember that your food list is not just for at home. If you are out with friends or dining alone, don't be shy about asking your waiter to bring you a copy of the Weight Watchers food list. If they don't have this in their menu, ask them to make one up quickly! Be sure to take advantage of word-of-mouth marketing and order what others around you are eating. This will help ensure that you are eating healthy and getting the right amount of points per meal. Also, be sure to share your food list with bacon weighs an impressive 107 points! Contains 2,490 calories with 173 grams of fat and 100 grams of sugar, and this may be the grandfather of all restaurant foods. 23 points There will also be a weekly allowance for SmartPoints. Fried foods. Pizza (restaurant style) Fast food. Some sauces and sauces. Flavored yogurt or yogurt drinks. Processed and processed meats. Cakes and Pies (store-bought) Drinks that contain sugar, such as soda and juice. 0 points All fresh fruits - including bananas - have 0 Weight Watchers points. In addition to bananas, apples, apricots, blueberries, grapes, oranges, pineapples, peaches, raspberries, strawberries, and melons are also included in the list of fruit without points. In the green plan, the free foods only include fruits and vegetables. This does not include potatoes, sweet potatoes, corn, peas, avocados, potatoes, sweet potatoes, and other starchy or high-fat fruits and vegetables. If you're stuck and not losing weight, it's because somewhere, somehow, you're eating too many calories. It does not mean that the Weight Watchers system does not work for you. Incidentally, there is no "starvation mode" according to weight loss research clinicians, so put that myth aside. Weight Watchers food points list: No! is quick to say that free fruit doesn't mean
unlimited fruit. "Fruits and vegetables are not magically calorie-free just because most of them do not contain SmartPoints values. We encourage you to eat fruits and vegetables now score zero points on Weight Watchers' new PointsPlus System. Dried fruits and some vegetables, such as potatoes and corn, will still have points. The new PointsPlus system replaces the old Weight Watchers point plan. Boiled eggs - 2 smart points. Enjoy it in good health! Here they are - your complete list of ZeroPoint foods for purple! Over 300 foods from ZeroPoint include fruits and non starchy vegetables, eggs, chicken breast, turkey, fish, shellfish, beans and legumes, tofu, tempeh, plain nonfat yogurt, whole-wheat pasta, grains, and potatoes. 4, For those who prep ... a medium-sized potato is a 4 + Weight Control Point. On Wednesday, researchers think the reason is that we usually weigh more on Sunday nights and spend it on work and other responsibilities because we weigh less on morning Friday. (Weight Watchers Food Points List) Why are you hungry on weight control or other diet is the result of not eating the three macronutrients. if you find that you are hungry soon after, it is because these are all carbohydrates. From one to two weeks The time it takes to see weight loss results and for others to notice them can vary greatly from person. Many factors, including starting size and your eating plan, can make a big difference. Generally, many people can see results within one to two weeks when they stick to their plan. So, in order to gain five pounds a day, you would have to eat roughly 20,000 calories in just 24 hours. if you've done one of several different things the day or night before, "it's not unusual to notice your weight gain by a few ounces or pounds," says Cording. Again, confine the chalk to most of this up to the weight of the water. Weigh yourself in the morning Weight Watchers Food Points List: When trading your weekly weight, don't jump onto the scale after drinking a bottle of water or eating a meal. For the most accurate weighing, weigh yourself first thing in the morning. If you are happy preparing your meals around Zero Point Food, you may be happier following the Purple plan. If you want to use more SmartPoints on your favorite foods (not included in the Zero Point menu), you may prefer the Green Plan. The Blue Plan gives you the best of both worlds !! Monthly Weight Loss on Weight Watchers Weight Watchers Weight Watchers Weight watchers and discourage food deprivation. While following the WW plan, you can expect to lose an average of 8 pounds per month, or 2 pounds per week. That's a realistic and healthy goal we should be aiming for, according to the Mayo Clinic. 5 foods to try soup. Start with broth-based soup (rather than high-calorie cream soup). Smoothie. Rolls explains that if it's made with low-fat yogurt and large amounts of fruit you get protein, fiber and calcium. Primavera. popcorn. Great powers. The bottom line. Both Noom and WW are effective for weight loss, although they take slightly different approaches. Noom uses a color coding system, while WW uses a point system to help direct you toward the lowest-calorie, more nutritious foods. Mostly, weight loss is an internal process. You will first lose the solid fats that surround your organs, such as the liver and kidneys, and then begin to lose lean fats such as waist and thigh fat. Losing fat from all the organs makes you leaner and stronger. Subscribe free to get the latest posts sent to your email. Get free Weight Watchers printables, lists & kits Receive Weight Watchers news, tips, tricks, kits, and tools to your email for free! Having a printable Weight Watchers Points List for foods can be a handy tool in your health and weight loss journey. It helps you quickly identify the point studget. This list can serve as a quick reference in your kitchen or when grocery shopping, allowing you to make healthier food choices on the fly and stay on track with your goals. Keep it accessible for effortless meal planning and tracking. Weight Watchers Points List Foods Printable Weight Watchers Points List Foods Printable Weight Watchers Points List Weight Watchers Points List Foods Printable Weight Watchers Points List Weight Watchers Points List Foods Printable Weight Watchers Points List Weight Watchers Points List Weight Watchers Points List Weight Watchers Points List Points List Points List Points List Weight Watchers Points List Points PointsPlus Food List Weight Watchers PointsPlus Watchers food points list can guide you in making healthier eating choices. It simplifies tracking what you eat by assigning points to foods based on their nutritional value, helping you stay within your daily or weekly allotment to reach your weight loss or maintenance goals. This tool encourages balanced eating habits without restricting any food groups. Weight Watchers Food Point Chart A Weight Watchers food point chart serves as a quick reference to help you determine the point values of various foods at a glance. Keeping this chart handy can assist you in meal planning and making informed decisions while grocery shopping or dining out, ensuring you remain on track with your wellness journey. Weight Watchers Point List Having a printable version of the Weight Watchers point list can be incredibly convenient. You can post it on your fridge, carry it in your purse, or keep a copy in your car, making it easier to make point-conscious food choices wherever you are. keeping your goals within reach throughout the day. Category: Weight Watchers Foods - by: Weight Watchers Original Points (1997s-2010) refers to the proprietary algorithmic formula introduced in 1997 by WW to replace its previous system of counting and weighing food. This system quantifies a food portion for the purposes of healthy weight loss based on carbohydrates, fat, and fiber content. Knowing that, the Weight Watchers program started in the early 1960s with a simple list of restricted, limited, and unlimited foods, with stricter rules than the current program. During which period did this system operate? The WW Original Points system was used prior to the introduction of the PointsPlus system in 2010. Therefore, the Original Points system was used until around 2010. It was then replaced by the PointsPlus system, which took into account macronutrients such as protein, carbohydrates, fat, and fiber to calculate the points value of foods. The WW original program required eating fish at least five times per week, only eating eggs a few times a week, and eating 3-5 servings of permitted fruit each day, among other rules. The original points system had a minimum of 18 points system has evolved over time, with changes in the factors considered and the number of zero-point foods allowed. Weight Watchers has employed different points systems throughout its history, incorporating a range of approaches to assign values to food items based on their nutritional composition and impact on weight loss. Original Points (2010-2012) - (ProPoints outside the U.S.): Based on protein, carbs, fat, and fiber. FitPoints (2012-2012) - (ProPoints outside the U.S.): Based on calorie, fat, and fiber. 2015): Based on physical activity, used with PointsPlus. SmartPoints (2015-2021): Based on protein, carbs, fat, and sugar; includes "Zero Points Foods." Weight Watchers Freestyle (2017-2018): Introduced as a separate program. MyWW (2019-2021): Offers Green, Blue, and Purple plans with different points foods. PersonalPoints foods. (2021-2022): Considers calories, fiber, protein, added sugars, and fats. Points (2022 > Current): Newest plan, similar to Freestyle and MyWW, focuses on comprehensive nutrition. Visit Weight Watchers website for details. As always, anyone considering a diet or lifestyle change should consult with a healthcare provider to ensure it's the right. choice for them. Weight Watchers (WW) Original Points system assigned points based on calorie, fat, and fiber. Values vary by serving size and ingredients. Below, common foods with approximate points: Skinless chicken breast (3 oz): 2 points Salmon (3 oz): 2 points Salmon (3 oz): 2 points based on calorie, fat, and fiber. Values vary by serving size and ingredients. Below, common foods with approximate points: Egg (1 large): 2 points Spinach (1 cup cooked): 0 points Broccoli (1 cup cooked): 0 points Apple (medium): 1 points Apple (medium): 2 points Almonds (1 oz): 4 points Avocado (1/4 of a medium avocado): 4 points Black beans (1/2 cup cooked): 2 points Ground turkey (3 oz, 93% lean) 3 points Quinoa (1/2 cup cooked): 4 points Cottage cheese (1/2 cup): 2 points Carrots (1 cup raw): 0 points Oatmeal (1/2 cup cooked): 2 points Cottage cheese (1/2 cup): 2 points Cottage chees specific foods under the Original Points system. So, let's explore this extensive list containing over 100 food categories and more than 300 food items. Fruits and most vegetables: 2 points Beef, lean, 95% lean/5% fat: 3 points Pork tenderloin: 3 points Fish (non-fried): 2-3 points Bread, 1 slice: 2 points Brown Rice, 1/2 cup cooked: 2 points Quinoa, 1/2 cup cooked: 2 points Almonds, 1 oz: 2 points Vogurt, nonfat, plain, 1 cup: 2 points Black beans, 1/2 cup cooked: 2 points Lentils, 1/2 cup cooked: 2 points Almonds, 1 oz (about 23 nuts): 3 points Popcorn, air-popped, 1 cup: 1 point Chips, average, 1 oz (about 15 chips): 4 points Soda, regular, 12 oz: 4 points Beer, regular, 12 oz: Cream, regular, 1/2 cup: 4 points Cookie, medium-sized: 2-3 points Cake, frosted, one slice: 6-10 points French Fries, medium: 10-12 points Cookie, negular: 9-13 points Bagel, 1 medium: 4-5 points Other Proteins: Eggs, 1 large: 2 points Tofu, 3 oz: 1 point Nut Butter, 1 tbsp: 1-3 points (varies by type) Shrimp, cooked, 3 oz: 2 points Salmon, cooked, 3 oz: 4 points Tuna, canned in water, 3 oz: 1 point Muffin, medium: 6-8 points Croissant, medium: 6-8 points Brownie, 2-inch square: 4-6 points Sugar, 1 tbsp: 0 p medium: 2
points Corn, 1/2 cup cooked: 2 points Fretzels, 1 oz: 3 points Granola bar, 1 cup: 0 points Granola bar, 1 cup: 0 points Coffee, black, 1 cup: 0 points Coffee, black, 1 cup: 0 points Coffee, black, 1 cup: 0 points Corn, 1/2 cup cooked: 2 points Coffee, black, 1 cup: 0 brand) Hot cereal (like oatmeal), 1 cup: 2-3 points Pancake, 4-inch diameter: 2 points Chicken noodle soup, 1 cup: 2 points Tomato soup, 1 cup: 4-5 points Greek salad with dressing, 1 cup: 4-5 points Greek salad with feta and dressing, 1 cup: 4-5 points Peanut butter, 2 tbsp: 5 points Almond butter, 2 tbsp: 5 points Cheese, full fat, 1 oz: 4 points Sceek, 2 points Cheese, full fat, 1 oz: 4 points Cheese, full fat, 2 oz: 4 points Cheese, full fat, 2 oz: 4 6 points Ham, lean, 3 oz: 2 points Duck, cooked, 3 oz: 3 points Chicken thigh, cooked, 3 oz: 3 points Chicke average: 5-7 points Protein shake, ready-to-drink, average: 3-5 points Diet soda, 12 oz: 0 points Unsweetened iced tea, 12 oz: 0 points Diet soda, 12 oz: 0 points Diet soda turkey, 2 oz: 1 point Mozzarella cheese, 1 oz: 2-3 points Buckwheat, cooked, 1 cup: 4 points Barley, cooked, 1 cup: 4 points Barley, cooked, 1 cup: 4 points Barley, cooked, 1 cup: 5 points Barley, cooked, 1 cup: 4 points Barley, cooked, 1 cup: 6 points Pretzels, 1 oz: 3 points Popcorn, buttered, 1 cup: 3 points Chips, 1 oz: 4 points Almond butter, 2 tbsp: 5 points Cashew butter, 2 tbsp: 5 points Sour cream, 2 tbsp: 5 points Sour cream, 2 tbsp: 5 points Cream cheese, 1 cup: 3 points Cottage cheese, 2 tbsp: 5 points Cottage cheese, 1 cup: 3 points Cottage cheese, 2 tbsp: 5 points Cottage cheese, 1 cup: 3 points Cottage cheese, 2 tbsp: 5 points Cottage cheese, 1 cup: 3 points Cottage cheese, 2 tbsp: 5 points Cottage cheese, 2 tbsp: 5 points Cottage cheese, 1 cup: 3 points Cottage cheese, 2 tbsp: 5 points Cotta added, 8 oz: 5 points Chia seeds, 1 tbsp: 2 points Pumpkin seeds, 1 oz: 4 points Sunflower seeds, 1 oz: 3 points Mango, medium: 0-7 points Pineapple, 1 cup: 0 points Pineapple, 1 cup: 0 points Papaya, 1 cup: 0 points Danish pastry, medium: 8-10 points Donut, medium: 5-7 points Cinnamon roll, medium: 8-10 points Lobster, cooked, 3 oz: 2 points Crab, cooked, 3 oz: 2 points Clams, cooked, 3 oz: 2 points Canned tuna in water, 3 oz: 2 points Canned tuna in water, 3 oz: 2 points Clams, cooked, 3 oz: 3 points Clams, cooked, 3 oz: 2 points Clams, cooked, 3 oz: 3 points Clams, cooked, 3 Fruit jam, 1 tbsp: 1 point Nutella, 2 tbsp: 6 points Honey, 1 tbsp: 3 points Coffee with 2 tbsp creamer: 1-2 points Coffee with 2 tbsp milk: 0-1 point Kombucha, 8 oz: 2-3 points Hummus, 2 tbsp: 2 points Salsa, 2 tbsp: 0 points Vegan cheese, 1 oz: 2-3 points Coconut yogurt, unsweetened, 1 cup: 3 points Soy yogurt, unsweetened, 1 cup: 3 points Relish, 1 tbsp: 1 point Ranch dressing, 2 tbsp: 2 points Relish, 1 tbsp: 1 points Sushi roll, 6 pieces: 6-8 points Stir-fry with vegetables, 1 cup: 2-4 points Dumplings, 3 pieces: 3-5 points Red wine, 5 oz: 4 points Sharkling wine, 5 oz: 4 points Sunflower Seeds, 2 tbsp: 2 points Sunflower Seeds, 2 tbsp: 2 points Sunflower Seeds, 2 tbsp: 2 points Broccoli Cheddar Soup, 1 cup: 2-3 points Broccoli Cheddar Soup, 2 cup: 2-3 points Broccoli Cheddar Soup cup: 4-5 points Tomato Basil Soup, 1 cup: 2-3 points Spicy Tuna Roll, 6 pieces: 7 points Fajitas, beef, 1 serving: 8-10 points Spicy Tuna Roll, 6 pieces: 7 points Fajitas, beef, 1 serving: 8-10 points Spicy Tuna Roll, 6 pieces: 7 points Fajitas, beef, 1 serving: 8-10 points Fajitas, beef, 1 servin 12 points Lasagna, meat, 1 piece: 8-10 points Chicken and Broccoli, 1 cup: 5-6 points Sweet and Sour Pork, 1 cup: 5-6 points English muffin; 4 points English muffin; 4 points Blueberry muffin, medium: 9 points Scone, medium: 9 points Chicken and Broccoli, 1 cup: 5-6 points Scone, medium: 9 points Chicken and Broccoli, 1 cup: 5-6 points Scone, medium: 9 points Chicken and Broccoli, 1 cup: 5-6 points Scone, medium: 9 points Chicken and Scone, medium: 9 points Chicken and Broccoli, 1 cup: 5-6 points Scone, medium: 9 points Chicken and Scone, medium: 9 points Chicken and Broccoli, 1 cup: 5-6 points Scone, medium: 9 points Chicken and Scone, medium: 9 points Chicken and Broccoli, 1 cup: 5-6 points Scone, medium: 9 points Chicken and Scone, mediu Caesar dressing, 2 tbsp: 3 points Honey mustard dressing, 2 tbsp: 3 points Thousand Island dressing, 2 tbsp: 4 points Palak Paneer (spinach and cheese), 1 cup: 6-8 points Palak Paneer (spinach and cheese), 1 cup: 2-3 points Pork sausage link, cooked, 1 link: 4 points Beef hot dog, cooked, 1 hot dog: 5 points Chicken sausage link, cooked, 1 link: 3 points Buttermilk, 1 cup: 3 points Evaporated milk, 1 cup: 9 points Condensed milk, sweetened, 1 tbsp: 2 points Macaroni, cooked, 1 cup: 5 points Spaghetti, cooked, 1 cup: 5 points Fettuccine, cooked, 1 cup: 5 points Retuccine, cooked, 1 cup: 5 points Sunflower seeds, 1 oz: 3 points Flax seeds, 1 oz: 3 points Retuccine, cooked, 1 cup: 5 points Retuccine, cooked, 1 cup: 5 points Retuccine, cooked, 1 cup: 6 points Re oz: 2 points Granola bar, 1 bar: 4 points Chocolate bar, 1.5 oz: 1 points Potato chips, 1 oz: 4 points Salmon, cooked, 3 oz: 1 points Chocolate bar, 1 cup: 2 points Clam chowder, 1 cup: 2 points Chocolate bar, 1 cup: 2 points Chocolate chip cooked, 3 oz: 1 points Chocolate bar, 1 cup: 2 points Chocolate chip cooked, 3 oz: 1 points Chocolate bar, 1 cup: 2 points Clam chowder, 1 cup: 2 points Chocolate chip cooked, 3 oz: 1 points Chocolate chip coo cookie, medium: 3 points Shortbread cookie, medium: 5 points Halibut, cooked, 3 oz: 1 points Taco Bell Soft Taco: 4 points Subway Turkey Breast 6" Sub: 6 points Pancake, medium: 3 points French toast, 1 slice: 5 points Waffle, medium: 4 points Ham sliced, 2 oz: 2 points Chicken salad, 1/2 cup: 5 points Tuna salad, 1/2 cup: 5 points Cheese pizza, regular crust, 1 slice: 7 points Cheese pizza, regular crust, 1 slice: 8 points Cheese pizza, regular crust, 1 sl Vanilla ice cream, 1/2 cup: 6 points Chocolate ice cream, 1/2 cup: 7 points Frozen yogurt, 1/2 cup: 4 points Tofu, firm, cooked, 3 oz: 2 points Peanut butter, 2 tbsp: 5 points Almond butter, 2 tbsp: 5 points Cashew butter, 2 tbsp: 5 points Guacamole, 2 tbsp: 2 points Saisa, 2 tosp: (points French Onion dip, 2 tbsp: 2 points Peaches, medium: 0 points Plums, medium: 0 points Plums, medium: 0 points Plums, medium: 0 points Plums, medium: 0 points Canned Green Beans, 1 cup: 0 points Corn Flakes, 1 cup: 3 points Cheerios, 1 cup: 3 points Granola, 1/4 cup: 4 points Brown rice, cooked, 1 cup: 5 points Barley, cooked, 1 cup: 5 points Bulgur, cooked, 3 oz: 4 points Cheeddar, 1 oz: 4 points Cheeddar, 1 oz: 4 points Brown rice, cooked, 1 cup: 5 points Barley, cooked, 1 cup: 5 points Barley, cooked, 3 oz: 4 points Cheeddar, 1 oz: 4 points Cheeddar, 1 oz: 4 points Brown rice, cooked, 1 cup: 5 points Barley, cooked, 1 cup: cooked, 3 oz: 0 points Nonfat Greek Yogurt, plain, 1 cup: 0 points Lentils, cooked, 1/2 cup: 0 points Elack beans, cooked, 1/2 cup: 0 points Chickpeas, cooked, 1/2 cup: 0 points Honey, 1 tbsp: 3 points Black beans, cooked, 1/2 cup: 0 points Chickpeas, cooked, 1/2 cup: 0 the WW Original Points Foods List PDF?A: It's a downloadable and printable PDF guide with over 300 foods and their original Weight Watchers Points values. It's based on the classic WW system using calories, fat, and fiber — perfect for tracking without an app. Q: Is this based on the classic WW system using calories, fat, and fiber — perfect for tracking without an app. Q: Is this based on the classic WW system using calories, fat, and fiber — perfect for tracking without an app. Q: Is this based on the classic WW system using calories, fat, and fiber — perfect for tracking without an app. Q: Is this based on the classic WW system using calories, fat, and fiber — perfect for tracking without an app. Q: Is this based on the classic WW system using calories, fat, and fiber — perfect for tracking without an app. Q: Is this based on the classic WW system using calories, fat, and fiber — perfect for tracking without an app. Q: Is this based on the classic WW system using calories, fat, and fiber — perfect for tracking without an app. Q: Is this based on the classic WW system using calories, fat, and fiber — perfect for tracking without an app. Q: Is this based on the classic WW system using calories, fat, and fiber — perfect for tracking without an app. Q: Is this based on the classic WW system using calories, fat, and fiber — perfect for tracking without an app. Q: Is this based on the classic WW system using calories, fat, and fiber — perfect for tracking without an app. Q: Is this based on the classic WW system using calories, fat, and fiber — perfect for tracking without an app. Q: Is this based on the classic WW system using calories, fat, and fiber — perfect for tracking without an app. Q: Is this based on the classic WW system using calories, fat, and fiber — perfect for tracking without an app. Q: Is this based on the classic WW system using calories, fat, and fiber — perfect for tracking without an app. Q: Is this based on the classic WW system using calories, fat, and fiber — perfect for tracking without a Points system — not SmartPoints. It's ideal for those who prefer the classic tracking method from early WW plans. Q: What foods are included in the list?A: You'll find fruits, vegetables, meats, dairy, grains, snacks, beverages, and restaurant items with points. Each entry includes serving sizes and estimated original Points values. Q: Is the WW Original Points system still effective for weight loss? A: Yes — many people still follow the original WW plan because it's simple, flexible, and proven to work with consistent tracking. Q: Can I use this food list without being a Weight Watchers member? A: Absolutely. This printable is great for independent tracking, calorie awareness, or returning WW users who loved the older system. Q: Is this a physical book or digital download?A: It's a digital product
(PDF) — you get instant access after purchase. Print it out or save it to your phone/tablet for easy reference. Q: How accurate are the Points values?A: All Points are based on WW's original formula (calories, fat, fiber). While unofficial, this list reflects widely accepted point values from that system. Q: Is this PDF searchable and easy to read?A: Yes — it's categorized, formatted for fast lookup, and printable in standard letter size. In conclusion, the Weight Watchers Original Points Food List is a comprehensive resource that provides valuable information for individuals following the Weight Watchers program. It categorizes various food items and assigns them point values based on their nutritional content. By consulting this list, individuals can make informed choices about their meals and snacks while staying within their allotted points. This tool helps promote a balanced and mindful approach to weight management and encourages healthier eating habits. Check the WW official website and app for accurate new and current system details. Subscribe free to get the latest posts sent to your email for free! I recently rejoined the new WeightWatchers program and I was surprised at just how many foods were considered zero points in the program. In case you didn't hear, the updated 2025 program includes more zeropoint foods than ever! This is currently The Complete List of Zero Point Foods which is 350+ foods you can utilize to stay on track and help keep your points within the recommended daily and weekly range to maintain your weight loss goals. ZeroPoint Foods (ZPFs for short) are foods you don't need to weigh, track, or measure on the WeightWatchers program. Rather than worrying about calories, each food in the WW program is assigned a point. If a food is considered zero points, it is a food that doesn't count against your daily or weekly points, making it easier to stay on track while maintaining a healthy weight loss. Just like any other food, it's possible to overeat zero-point foods. The purpose of zero-point foods is to enjoy them guilt-free, but it's still important to watch your portions and listen to your body's hunger cues. On the WW plan, it's recommended to start with your normal portion—like two eggs—and then wait. If you're still hungry, you can always have another. Interested in more Weight Watchers information? Check out: I've also made a free printable of this list so you can print it and put it on your fridge for quick and easy reference. Keep in mind that all of these are zero points including variations of the fruits just as long as they are fresh, unsweetened or in their raw form. For example, applesauce will be. Apples auce, unsweetened Apricots, fresh Bananas Blackberries Blueberries Clementines Cranberries Clementines Cranberries fresh Dragon fruit Figs, fresh Frozen mixed berries, unsweetened Fruit, canned in water with or without artificial sweetened Fruit salad, unsweetened Fruit sa Pineapples Plums Pomegranates Pomelos Raspberries Star fruit Strawberries Star fruit Strawberries Beets Bell peppers Bok choy Broccoli slaw Brussels sprouts Butter lettuce (Bibb or Boston) Butternut squash Cabbage Carrots Cauliflower Cauliflower rice Celery Chiles Coleslaw mix Collard greens Cucumbers Delicata squash Eggplants Endive Escarole Fennel Frozen stir-fry vegetables, without sauce Frozen vegetables, without sauce Frozen stir-fry vegetables, without Napa cabbage Nori (dried seaweed) Oak leaf lettuce Okra Onions Pea shoots Pickles, unsweetened Pico de gallo Pimientos, canned Pumpkin purée Radishes Red leaf lettuce Romaine Tomato purée, canned Tomatoes Turnips Water chestnuts Wax beans Zucchini Baby potatoes Chestnuts Fingerling potatoes New potatoes Parsnips Plantains, baked or boiled Potato, baked, plain Potatoes, mashed, plain Potatoes, mashed, plain Potatoes, shredded hash brown-style, plain Purple potato Red potato Red potato Russet potato Sunchokes (Jerusalem artichokes) Sweet potato, baked, plain Sweet potato, canned, unsweetened Sweet potato, canned, unsweetened Sweet potato and cassava) Yukon gold potato Oatmeal, plain Oatmeal, plain Sweet potato, canned, unsweetened Sweet potato, canned, unsweetened Sweet potato and cassava) Yukon gold potato Oatmeal, plain Oatmeal, plain Oatmeal, plain Sweet potato and cassava) Yukon gold potato Purple potato Sweet potato and cassava) Yukon gold potato Oatmeal, plain Oatmeal, plain Sweet potato and cassava) Yukon gold potato Purple potato and cassava) Yukon gold potato and cassava) Yukon gold potato and cassava) Yukon gold potato Purple potato and cassava) Yukon gold potato and cassava) Yukon gold potato and cassava) Yukon Oats, steel cut Adzuki beans Alfalfa sprouts Bean sprouts Black beans Black-eyed peas Cannellini beans Chickpeas Edamame Fava beans Italian Seasoning Oregano Paprika Parsley Pepper Peppermint Pumpkin Spice Rosemary Sage Salt Thyme Chicken breast, skinless Chicken, eanned in water Ground chicken breast, skinless Chicken breast, oven roasted/rotisserie seasoned, deli-style Cornish hen, skinless Turkey, 90% lean or leaner Ground turkey, patty, plain Turkey breast, skinless Turkey, canned in water Turkey breast, oven roasted/rotisserie seasoned, deli-style Eggs Egg whites Egg yolks Eggs, hard-boiled or soft-boiled Eggs, scrambled, made without fat Liquid egg substitute, made from egg whites Abalone Alaskan king crab Anchovies, canned in water Arctic char Bluefish Branzino Butterfish Caviar Clams Cod Crabmeat, lump Crayfish Cuttlefish Eel Fish roe Flounder Grouper Haddock Halibut Herring Lobster Mackerel Mackerel, canned in water Mahi-mahi Monkfish Mussels Octopus Orange roughy Oysters Perch Pike Pollock Pompano Salmon Sardines, canned in water or sauce Sashimi Scallops Sea bass Sea cucumber Sea urchin Shrimp Smelt Smoked fish (haddock, salmon, sturgeon, trout, and whitefish) Snails Snapper Sole Squid Steelhead trout Striped bass Sturgeon Swordfish Tilapia Trout Tuna Tuna, canned in water Turbot Wahoo Whitefish Beef, arm pot roast, lean, trimmed Beef, eye of round roast, lean, trimmed Beef, eye of round steak, trimmed Beef, flank steak, lean, trimmed Beef, arm pot roast, lean, trimmed Beef, eye of round steak, lean, trimmed Beef, bottom round, roast or steak, trimmed Beef, eye of round steak, lean, trimmed Beef, eye of round roast, lean, trimmed Beef, eye of round steak, lean, trimmed Beef, eye of round steak, trimmed Beef, eye of round steak Beef, ground 90% lean or leaner Beef, kansas City strip steak, lean, trimmed Beef, top sirloin steak, lean, trimmed Beef, tri-tip roast, lean, trimmed Beef, top sirloin steak, lean, trimmed Beef, tri-tip roast, lean, trimmed Beef, top sirloin steak, le trimmed Bison, ground, 93% lean Bison, lean, trimmed Bison, top sirloin steak Bison, top sirloin steak Elk meat Elk, ground, 90% lean, trimmed Lamb, lean, trimmed Lamb, lean, trimmed Pork sirloin chops, lean, trimmed Pork sirloin chop, lean, trimmed Pork sirloin chop, lean, trimmed Bison, top sirloin steak Bison, top sirloin steak Bison, top sirloin chops, lean, trimmed Lamb, lean, trimmed Bison, top sirloin chops, lean, trimmed Bison, top sirloin trimmed Pork sirloin roast, lean, trimmed Pork, top loin chop, lean, trimmed Pork, top loin chop, lean, trimmed Rabbit Veal cutlet, plain Veal shank Venison, ground Smoked tofu Tempeh Tofu, silken Tofu, silken Tofu, soft Corn, canned Corn, fresh (sweet, white, or yellow) Popcorn, air-popped without oil, butter, or sugar Corn on the cob Hominy Popcorn with salt and/or spice, air-popped without oil, butter, or sugar Popping corn (for popping corn (for popping corn (for popping at home) Fresh herbs Dried herbs Reduced sodium soy sauce Pickled jalapeno peppers Unsweetened pickles or other pickled vegetables Capers Lemon, lime or orange zest Lemon or lime juice Hot sauce Mustard Fat-free salsa Vinegar Vanilla or almond extract Water Coffee, black (without sugar) Coke Zero (all varieties) Diet Coke (all varietie no sugar added) Fruit cup (fresh) Vegetable Sticks Yogurt (greek, plain, fat-free, unsweetened) Grab this Weight Watchers Zero Point Foods PDF (Free Printable) and keep it on your fridge for guick and easy reference! Brittanie Pyper is a mom of 3, a wife, and a creative geek. She adores crafting, photography, and baking fun treats. When she isn't blogging, she is enjoying a good video game with her family. Follow her socially on Facebook, Twitter, Instagram, Pinterest, and G+. So, it's happened! Weight Watchers has gone 'back to basics'. The new program is called Points and is very similar to the Freestyle Plan of 2017/2018 and the myWW Blue Plan of 2019/2020 ... and I personally couldn't be happier! Unlike the Personal Points plan will differ slightly). This means that a food that 'costs' 3 Points for you will also 'cost' 3 Points for everyone else! That doesn't mean that everyone's Point allocation of daily & weekly Points that they can 'use' on whatever foods they want. This Points allocation is calculated by looking at your gender, your current weight, age, height etc. Every food has a Points value. This is worked out (for you via the WW App) using a calculation of the nutritional makeup of the food - its calories, protein content, fats, fiber etc. You can use your Points than foods high is sugar and saturated fats. This will nudge you towards reaching for the healthier more satisfying foods. You will also be given a comprehensive list of foods that are Zero Points - that is, foods that you can eat without them diminishing your Point allocation (more about that below!). Your daily Points allocation is the amount of Points that you should try to eat per day and the weekly Points are those that you can use to top up your dailies or can use for that special meal out or piece of cake! You may also 'earn' further Points for the activities that you do. As of 14 November 2022 anyone living in the US should have access to the new Points plan. The plan will roll out to the rest of the world over the next few
weeks. If you are in the US you will have the option of staying on the Personal Points plan until 11 December 2022 but then you will automatically be transferred to the new plan - just follow their instructions on how to do this. You will be given an allocation of Points that you can use on any food that you want. Every food has a Point values for foods are easy to find by using the search feature on the WW App or even by scanning the barcode on the back of the food packet with your App! This makes it sooooo easy to track what you eat!Foods with higher sugar and fat content will be lower in Points. The amount of Points you are allocated is calculated from information about you - your age. gender, height, current weight etc. You will also receive an allocation of daily Points (Dailies) that you can use for all the foods that you can use to top up your daily budget or to use on something 'big' - like that piece of pie you have been craving! There are certain foods that have been calculated Zero Points and these are technically foods that you can eat as much of as you want and they won't eat into your daily Points. The Zero Point foods on the Points plan include non starchy vegetables, fruit, fat free yogurt and popcorn (read below for a more exhaustive list of Zero Point foods). On the new Weight Watchers Points plan, like previous plans, you will be able to track your food intake, your weight, your water intake and your sleep on the WW App.Unlike the last plan (Personal Points for eating more non starchy vegetables. Neither will you be given extra Points for drinking water. You will, however, have the ability to earn extra Points through activity and exercise. I have listed which foods are Zero Points on the new WW Point plan below but when you sign up to the new program a full, comprehensive list will be made available to you. Remember, if you are diabetic some of these foods (including fruit and fat free yogurt may not be Zero Points for you) Non Starchy Vegetables (carrots, zucchini, broccoli, squash & cauliflower etc. Starchy vegetables such as potatoes will need 'pointing'). Fruits (including smoked fish)Shellfish (shrimp, crab & lobster etc)Poultry (skinless turkey breast, ground turkey breast & ground chicken breast) Tofu & Tempeh (soft, silken and firm tofu & tempeh)Corn (corn on the cob & corn - fresh & canned)Fat Free Cottage CheeseFat Free Cottage CheeseFat Free Cottage CheeseFat Free Natural Yogurt & Plain Almond Yogurt & Plain Soy YogurtQuark (up to 1% fat)Popcorn (air popped popcorn without butter or oil, salted air popped popcorn without butter or oil) Beans, Peas and lentils (including chickepeas, black beans, soy beans, peas etc) I reached lifetime on the Freestyle plan & then Blue Plan which was very similar to the new WW Points plan is so similar to those older popular plans & that the recipes I enjoyed eating back then will be Zero Points for me (& you!) now! If you are looking for some easy snack low point snack ideas that you can pick up to eat on the go, take a look at my list of the Best Weight Watchers Points Snacks (includes Point snack ideas that you can pick up to eat on the go, take a look at my list of the Best Weight Watchers Points Snacks (includes Point snack ideas that you can pick up to eat on the go, take a look at my list of the Best Weight Watchers Points Snacks (includes Point snack ideas that you can pick up to eat on the go, take a look at my list of the Best Weight Watchers Points Snacks (includes Point snack ideas that you can pick up to eat on the go, take a look at my list of the Best Weight Watchers Points Snacks (includes Point snack ideas that you can pick up to eat on the go, take a look at my list of the Best Weight Watchers Points Snacks (includes Point snack ideas that you can pick up to eat on the go, take a look at my list of the Best Weight Watchers Points Snacks (includes Point snack ideas that you can pick up to eat on the go, take a look at my list of the Best Weight Watchers Points Snacks (includes Point snack ideas that you can pick up to eat on the go, take a look at my list of the Best Weight Watchers Points Snacks (includes Point snack ideas that you can pick up to eat on the go, take a look at my list of the Best Weight Watchers Points Snacks (includes Point snacks)). Weight Watchers Points plan, what are your views? Do you like it? Are you excited to start on your new healthy eating plan? Let me know! 350+ ZeroPoint Foods to loveDon't track—just enjoy. ZeroPoint Foods to loveD

track, or measure on the WeightWatchers program. They're the foundation of healthy, balanced eating Rich in protein and fiber, they help you stay fuller, longer We just added 150+ new ZPF options so you don't get boredBlack-eyed peasChickpeas (Garbanzo beans)Kidney beansLentilsChicken or turkey breastNew! Chicken thigh New! Lean ground beerNew! Strip steakCanned or frozen cornCorn on the cobAir-popped popcornHominyFresh or canned tunaSea bassShrimpScallopsApplesBananasBerriesCantaloupeBroccoliCauliflowerNew! White potatoesNew! Sweet potatoesPlain ottage cheesePlain cottage cheesePlain cottage cheesePlain cortage cheese