

I'm not a bot







































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 bored!Black-eyed peasChickpeas (Garbanzo beans)Kidney beansLentilsChicken or turkey breastNew! Chicken thigh New! Lean ground beefNew! Strip steakCanned or frozen cornCorn on the cobAir-popped popcornHominyFresh or canned tunaSea bassShrimpScallopsApplesBananasBerriesCantaloupeBroccoliCauliflowerNew! White potatoesNew! Sweet potatoesPlain instant oatmealOld-fashioned rolled oatsSteel-cut oatsQuick-cooking oatsQuornSmoked tofuTempehTextured vegetable proteinYogurt and cottage cheesePlain cottage cheesePlain Greek yogurtNonfat plain yogurtPlain soy yogurt1. As a baseStart with skinless chicken thighs or yams, then add ingredients with Points (like sauce, cheese, or a slice of garlic bread) for more deliciousness. 2. To pump up our platesToss crisp mixed veggies or hearty potatoes into soups, stews, or pastas for variety, crunch, and a flavor boost.3. Snacks, snacks, and more snacksReaching for fiber-filled or protein-rich ZPFs like fruit, popcorn, or yogurt helps you stay full until lunch or dinner rolls around. 1. As a baseStart with skinless chicken thighs or yams, then add ingredients with Points (like sauce, cheese, or a slice of garlic bread) for more deliciousness. 2. To pump up our platesToss crisp mixed veggies or hearty potatoes into soups, stews, or pastas for variety, crunch, and a flavor boost.3. Snacks, snacks, and more snacksReaching for fiber-filled or protein-rich ZPFs like fruit, popcorn, or yogurt helps you stay full until lunch or dinner rolls around. 350+ ZeroPoint foods, 11,000+ recipes, and Points for 450 restaurantsDaily trackers for food, activity, macros, and weightBarcode scanner for easier grocery shoppingFood Scanner to log meals with just a picRecipe Analyzer for any recipe you find online350+ ZeroPoint foods, 11,000+ recipes, and Points for 450 restaurantsDaily trackers for food, activity, macros, and weightBarcode scanner for easier grocery shoppingFood Scanner to log meals with just a picRecipe Analyzer for any recipe you find onlineLiving with diabetes?Your ZeroPoint Foods list will include foods less likely to impact your blood sugar level. And we'll show you how to enjoy fruit, whole grains, and dairy in a way that works for you. See the 200+ foods on the diabetes ZeroPoint Foods list. Learn more about how to manage your diabetes with our program.Why are ZeroPoint foods actually zero Points?Packed with vitamins, minerals, and other nutrients (like fiber and protein), these everyday foods support feelings of fullness, helping you make the most of your Points Budget and lose weight without feeling hungry.How many ZeroPoint foods can I eat?If you're concerned about overeating ZeroPoint foods because they're, well, zero, here's some guidance. Eat them in your usual portion sizes. For example, if you usually have two eggs for breakfast, stick to that. If you're still hungry later, have another one. You'll soon figure out the right portion for you—which might differ depending on the day!How did WeightWatchers choose the ZeroPoint foods?These foods are recommended by national and international nutrition guidelines (including those by the World Health Organization) as part of a healthy pattern of eating. And, of course, they're delicious!Where can I find ZPFs in the app? A complete list of ZPFs can be found under the "What to Eat" tab in your app.Are there ZPFs recipes in the app?Yes! You can find hundreds of recipes featuring ZPFs in the app under the "What to Eat" tab. Can I still have ZPFs while on a GLP-1 weight-loss medication? Yes! You can enjoy the full list of ZeroPoint foods while on a GLP-1. Just be sure to meet your daily nutritional targets, which help you reach your goals and feel your best. Can I still enjoy ZPFs if I have diabetes?Yes. For those living with diabetes, your ZPF list will feature 200+ ZPFs to choose from. These foods are less likely to impact your blood sugar level. Learn more about how to manage your diabetes with our program.