

# ZERO POINT FOODS LIST

The new Freestyle Weight Watchers program keeps the previous zero point foods and added some more to make it easier to stay on track by picking foods that are good for you.

In addition to the foods listed below, all fruits and vegetables are zero point foods.

Remember to eat all foods in moderation to make the program really work.

## DAIRY

- Tofu
- Greek yogurt (plain, nonfat, unsweetened)
- Yogurt (plain, nonfat, unsweetened)

## PANTRY

- Beans (all varieties)
- Lentils
- Peas
- Tomato sauce

## MEATS/FISH

- Calamari (grilled)
- Caviar
- Chicken breast (ground, 99% fat free)
- Chicken breast (skinless)
- Eggs
- Fish (all varieties, not fried)
- Lox
- Sashimi
- Shellfish
- Turkey breast (ground, 99% fat free)
- Turkey breast (skinless)