

ALL the WW ZeroPoint® foods (200+) - Cheat Sheet



Beans, peas, & lentils	Corn & popcorn	Fish & shellfish (1/2)	Fish & shellfish (2/2)	Fruits (1/2)	Fruits (2/2)	Non-starchy vegetables (1/2)	Non-starchy vegetables (2/2)
<ul style="list-style-type: none"> • Adzuki beans • Black beans • Black-eye peas • Borlotti beans • Broad beans • Butter beans • Cannellini beans • Chickpeas • Edamame • Green peas • Flageolet beans • Haricot beans • Lentils • Lima beans • Lupin beans • Mixed beans • Mung beans • Pinto beans • Red beans • Red kidney beans • Soy beans • Split peas • 99% fat-free refried beans 	<ul style="list-style-type: none"> • Air-popped popcorn, no added ingredients • Canned corn • Corn on the cob • Corn, sweet • Corn, white • Corn, yellow • Popcorn kernels 	<ul style="list-style-type: none"> • Abalone • Barramundi • Basa • Blue-eye trevalla • Bream • Caviar • Clams • Cod • Crab • Crayfish • Dory • Eel • Fishfish • Flathead • Flounder • Garfish • Gemfish • Haddock • Hake • Hapuka • Herring • Hoki • Kingfish • Leather jacket • Ling • Lobster • Mackerel • Monkfish • Morwong • Mullet • Mulloway • Mussels 	<ul style="list-style-type: none"> • Octopus • Orange roughy • Oyster • Perch • Prawns • Red emperor • Salmon in springwater or brine • Salmon • Sardines • Sardines in springwater or brine • Scallops • Seafood marinara mix • Sea urchin • Shark • Skate • Snapper • Sole • Squid • Swordfish • Tilapia • Trevally • Trout • Tuna • Tuna in springwater or brine • Turbot • Whitebait • Whiting 	<ul style="list-style-type: none"> • Apple • Apricot • Babaco • Banana • Berries • Black currants • Blackberries • Blueberries • Boysenberries • Cherries • Clementine • Cranberries • Custard apple • Dates, fresh • Dragon fruit • Durian • Elderberries • Feijoa • Fig • Grapefruit • Grapes • Guava • Honey dew • Jackfruit • Kiwifruit • Kumquat • Lemon • Lime • Loganberries • Loquat • Lychee 	<ul style="list-style-type: none"> • 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 • Starfruit • Strawberries • Tamarillo • Tangelo • Tangerine • Watermelon 	<ul style="list-style-type: none"> • 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 • Choko • Choy sum • Cucumber • Eggplant • Endive • Eschalot • Fennel • Garlic • Ginger • Gourd 	<ul style="list-style-type: none"> • Horseradish • Kale • Leek • Lemongrass • Lettuce • Mushrooms • Mushrooms, dried • Okra • Onion • Pak choy • Pumpkin • Radish • Rocket • Seaweed • Shallots • Snow peas • Snow pea sprouts • Spinach • Spring onions • Squash • String beans • Sugar snap peas • Swede • Tomato • Tomato passata • Tomato, semi-dried, not in oil • Turnip • Water chestnuts • Watercress • Zucchini



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