

350+ Weight Watchers Zero Point Foods for 2025

Fruits*

- Apples - 1 medium
- Applesauce, unsweetened - 1/2 cup
- Apricots, fresh - 1 (medium)
- Bananas - 1 medium
- Blackberries - 1 cup(1/2)
- Blueberries - 1 cup(1/2)

- Raspberries - 1 cup(1/2)
- Strawberries - 1 cup(1/2)
- Tangerines - 1 (medium)
- Peaches - 1 (medium)
- Pineapples - 1 (medium)
- Pears - 1 (medium)

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Vegetables: Non-Starchy, Cooked

- Asparagus - 1/2 cup(1/2)
- Broccoli - 1/2 cup(1/2)
- Cauliflower - 1/2 cup(1/2)
- Green beans - 1/2 cup(1/2)
- Kale - 1/2 cup(1/2)
- Leeks - 1/2 cup(1/2)
- Mushrooms - 1/2 cup(1/2)
- Onions - 1/2 cup(1/2)
- Peas - 1/2 cup(1/2)
- Potatoes - 1/2 cup(1/2)
- Spinach - 1/2 cup(1/2)
- Sweet potatoes - 1/2 cup(1/2)
- Tomatoes - 1/2 cup(1/2)
- Turnips - 1/2 cup(1/2)
- Zucchini - 1/2 cup(1/2)

Vegetables: Starchy*

- Baby potatoes - 1/2 cup(1/2)
- Chickpeas - 1/2 cup(1/2)
- Fava beans - 1/2 cup(1/2)
- Lentils - 1/2 cup(1/2)
- Navy beans - 1/2 cup(1/2)
- Pinto beans - 1/2 cup(1/2)
- Soybeans - 1/2 cup(1/2)
- Taro - 1/2 cup(1/2)

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- Cucumbers - 1 (small)
- Eggplants - 1 (small)
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Lean Meats

- Beef, bone-in brisket, frozen, uncooked - 3 oz
- Beef, bottom round, meat or steak, uncooked - 3 oz
- Beef, brisket, frozen, uncooked - 3 oz
- Beef, eye of round, frozen, uncooked - 3 oz
- Beef, eye of round, frozen, uncooked - 3 oz
- Beef, eye of round, frozen, uncooked - 3 oz
- Beef, eye of round, frozen, uncooked - 3 oz
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Beans

- Beef, brisket, frozen, uncooked - 3 oz
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Chicken & Turkey

- Chicken breast, cooked - 3 oz
- Chicken breast, cooked - 3 oz
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Tofu & Tempeh

- Cheese, plain - 1 cup(1/2)
- Tempeh - 1 oz
- Tempeh, vegetable protein (TVP) - 1/2 cup(1/2)
- Tofu, extra firm - 3 oz
- Tofu, firm - 3 oz
- Tofu, soft - 3 oz
- Tofu, silken - 3 oz
- Tofu, silken - 3 oz
- Tofu, silken - 3 oz
- Tofu, silken - 3 oz
- Tofu, silken - 3 oz
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- Tofu, silken - 3 oz

Eggs

- Egg, whole, hard-boiled - 1 (large)
- Egg, white - 1 (large)
- Egg, yolk - 1 (large)
- Egg, yolk - 1 (large)
- Egg, yolk - 1 (large)
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Yogurt & Cottage Cheese*

- Almond yogurt, plain, unsweetened - 1/2 cup(1/2)
- Cottage cheese, plain, fat-free - 1/2 cup(1/2)
- Cottage cheese, plain, fat-free - 1/2 cup(1/2)
- Cottage cheese, plain, fat-free - 1/2 cup(1/2)
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Arturo Cuomo

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