

Blue ZeroPoint™ foods

BEANS & LEGUMES

Adzuki beans
Alfalfa sprouts
Bean sprouts
Black beans
Black-eyed peas
Cannellini beans
Chickpeas
Edamame
Fava beans
Great Northern beans
Kidney beans
Lentils
Lima beans
Lupini beans
Navy beans
Pinto beans
Refried beans, *canned, fat-free*
Soy beans

CHICKEN & TURKEY BREAST

Ground chicken breast
Ground turkey, *98% fat-free*
Ground turkey breast
Skinless chicken breast
Skinless turkey breast

EGGS

Egg substitute
Egg whites

Egg yolks
Eggs

FISH/SHELLFISH

Abalone
Alaskan king crab
Anchovies, *in water*
Arctic char
Bluefish
Branzino
Butterfish
Canned tuna, *in water*
Carp
Catfish
Caviar
Clams
Cod
Crabmeat, *lump*
Crayfish
Cuttletfish
Eel
Fish roe
Flounder
Grouper
Haddock
Halibut
Herring
Lobster
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 haddock
Smoked salmon
Smoked sturgeon
Smoked trout
Smoked whitefish
Snails
Snapper
Sole
Squid
Steelhead trout

Striped bass
Sturgeon
Swordfish
Tilapia
Trout
Tuna
Turbot
Wahoo
Whitefish

FRUITS

Apples
Applesauce, *unsweetened*
Apricots, *fresh*

Bananas
Blackberries
Blueberries
Cantaloupe
Cherries
Clementines
Cranberries, *fresh*
Dragon fruit
Figs, *fresh*
Frozen mixed berries,
unsweetened
Fruit cocktail,
unsweetened
Grapefruit
Grapes
Guava
Honeydew
Kiwi
Kumquats
Lemons
Limes

Mangoes
Meyer lemons
Nectarines
Oranges
Papayas
Peaches
Pears
Persimmons
Pineapples
Plums
Pomegranates
Pomelo
Raspberries
Star fruit
Strawberries
Tangerines
Watermelon

NONFAT YOGOURT & SOY YOGOURT

Greek yogurt, *plain, nonfat*
Plain yogurt, *nonfat*
Quark, *plain, up to 1% fat*
Soy yogurt, *plain*

TOFU & TEMPEH

Firm tofu
Silken tofu
Smoked tofu
Soft tofu
Tempeh

VEGETABLES (STARCHY)

Canned corn
Corn
Green peas
Parsnips
Peas
Split peas
Succotash

VEGETABLES (NON-STARCHY)

Acorn squash
Artichoke hearts, *no oil*
Artichokes
Arugula
Asparagus
Baby corn
Bamboo shoots
Basil
Beet greens
Beets
Bok choy
Broccoli
Broccoli rabe
Broccoli slaw
Brussels sprouts
Butter/Bibb lettuce
Butternut squash
Cabbage
Canned pimientos
Carrots
Cauliflower
Cauliflower rice
Celery
Chives

Cilantro
Coleslaw mix
Collard greens
Cucumber
Eggplant
Endive
Escarole
Fennel
Frozen stir-fry vegetables, *no sauce*
Garlic
Ginger
Green leaf lettuce
Hearts of palm
Iceberg lettuce
Jicama
Kale
Kohlrabi
Leeks
Mint
Mixed greens
Mushrooms
Mustard greens
Napa cabbage
Nori (seaweed)
Oak leaf lettuce
Okra
Onions
Oregonio
Parsley
Pea shoots
Peppers
Pickles, *unsweetened*
Pico de gallo
Pumpkin
Pumpkin puree
Radishes
Red leaf lettuce
Romaine lettuce
Rosemary
Rutabaga
Salsa, *fat-free*
Sauerkraut
Scallions
Shallots
Spaghetti squash
Spinach
String beans
Summer squash
Swiss chard
Tarragon
Thyme
Tomatillos
Tomato puree, *canned*
Tomato sauce, *canned*
Tomatoes
Turnips
Water chestnuts
Wax beans
Zucchini