

Green ZeroPoint™ foods

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
 Fruit salad,
unsweetened
 Grapes
 Grapefruit
 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

VEGETABLES (NON-STARCHY)

Acorn squash
 Artichoke hearts,
no oil
 Artichokes
 Arugula
 Asparagus
 Baby corn
 Bamboo shoots
 Basil
 Beets
 Beet greens
 Bok choy
 Broccoli
 Broccoli rabe
 Broccoli slaw
 Brussels sprouts
 Butter/Bibb
 lettuce
 Butternut squash
 Cabbage
 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
 Oregano
 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



**Which vegetables
 aren't ZeroPoint
 foods on Green?**
 Starchy veggies
 like corn, parsnips,
 peas, plantains, and
 potatoes will all have
 SmartPoints® values.

