

AVOCADOS

Avocados
Guacamole, made without sugar or fat

BEANS, PEAS & LENTILS

Adzuki beans
Alfalfa sprouts
Bean sprouts
Black beans
Black-eyed peas
Cannellini beans
Chickpeas
Edamame
Fava beans
Great northern beans
Green peas
Kidney beans
Lentils
Lima beans
Lupini beans
Navy beans
Peas
Pinto beans
Refried beans, fat-free, canned
Soybeans
Split peas

BROWN RICE, QUINOA & OTHER WHOLE GRAINS

Amaranth
Ancient grain mix, without seeds
Barley, hull-less*
Barley, whole or hulled*
Brown basmati rice
Brown jasmine rice
Brown rice
Brown rice, instant
Brown rice, quick-cooking

Brown rice (100%) cereal
Brown rice-quinoa blend
Buckwheat
Bulgur
Farro
Freekeh
Kamut
Kasha
Millet
Quinoa
Red quinoa
Rye berries
Sorghum
Spelt
Spelt berries
Teff
Tricolor quinoa
Wheat berries
Whole-grain sorghum
Whole-wheat couscous
Wild rice
Wild rice-brown rice blend

**Quick-cooking barley is pearled, which disqualifies it from being a ZeroPoint food.*

POULTRY

Chicken breast, skinless
Ground chicken breast
Ground turkey, 98% fat-free
Ground turkey breast
Turkey breast, skinless

CORN & POPCORN

Corn, canned
Corn (sweet, white, or yellow), fresh
Corn on the cob
Hominy
Popcorn, air-popped without oil, butter, or sugar
Popcorn with salt and/or spice, air-popped without oil, butter, or sugar
Popping corn (for popping at home)

EGGS

Eggs
Eggs, hard-boiled or soft-boiled
Eggs, scrambled, made without fat

Egg whites
Egg yolks
Liquid egg substitute, made from egg whites

FISH & SHELLFISH

Abalone
Alaskan king crab
Anchovies, canned in water
Arctic char
Bluefish
Branzino
Butterfish
Carp
Catfish
Caviar
Clams
Cod
Crabmeat, lump
Crayfish
Cuttlefish
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 fish (haddock, salmon, sturgeon, trout, and whitefish)
Snails
Snapper
Sole
Squid
Steelhead trout
Striped bass
Sturgeon
Swordfish
Tilapia
Trout
Tuna
Tuna, canned in water
Turbot
Wahoo
Whitefish

FRUITS

Apples
Applesauce, unsweetened
Apricots, fresh
Bananas
Blackberries
Blueberries
Cantaloupes
Cherries
Clementines
Cranberries, fresh
Dragon fruit
Figs, fresh
Frozen mixed berries, unsweetened
Fruit, canned in water with or without artificial sweeteners
Fruit cocktail, unsweetened
Fruit salad, unsweetened
Grapefruit
Grapes
Guavas
Honeydew melons

Jackfruit
 Kiwis
 Kumquats
 Lemons
 Limes
 Mangoes
 Meyer lemons
 Nectarines
 Oranges
 Papayas
 Peaches
 Pears
 Persimmons
 Pineapples
 Plums
 Pomegranates
 Pomelos
 Raspberries
 Star fruit
 Strawberries
 Tangerines
 Watermelons

NON-STARCHY VEGGIES

Artichoke hearts, without oil
 Arugula
 Asparagus
 Baby corn
 Bamboo shoots
 Beet greens
 Beets
 Bell peppers
 Bok choy
 Broccoli

Cauliflower rice
 Celery
 Chiles
 Coleslaw mix
 Collard greens
 Cucumbers
 Delicata squash
 Eggplants
 Endive
 Escarole
 Fennel
 Frozen stir-fry vegetables, without sauce
 Frozen vegetable mixes
 Green beans
 Green leaf lettuce
 Hearts of palm
 Iceberg lettuce
 Jalapeño peppers
 Jicama
 Kale
 Kohlrabi
 Leeks
 Mixed greens
 Mushrooms
 Mustard greens
 Napa cabbage
 Nori (dried seaweed)
 Oak leaf lettuce
 Okra
 Onions
 Pea shoots
 Pickles, unsweetened
 Pico de gallo

Scallions
 Shallots
 Snow peas
 Spaghetti squash
 Spinach
 Summer squash
 Sugar snap peas
 Swiss chard
 Tomatillos
 Tomato purée, canned
 Tomatoes
 Turnips
 Water chestnuts
 Wax beans
 Zucchini

OATS & OATMEAL

Oatmeal, plain
 Oatmeal, plain, instant
 Oats
 Oats, quick-cooking
 Rolled oats
 Rolled whole-grain wheat or wheat flakes, unsweetened
 Steel-cut oats

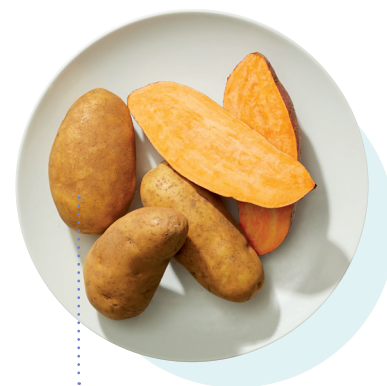
PASTA & NOODLES

Black bean pasta
 Chickpea pasta
 Lentil pasta
 Lupin pasta
 Pea pasta
 Shirataki (konjac) noodles
 Whole-grain (100%) pasta (all shapes and all grains, including rye, spelt, and wheat)

POTATOES & STARCHY VEGGIES

Acorn squash
 Baby potatoes
 Chestnuts
 Fingerling potatoes
 Frozen potatoes, prepared without fat
 Idaho potatoes
 Japanese sweet potatoes
 Jerusalem artichokes
 Lotus root
 New potatoes
 Parsnips
 Plantains

Potatoes, baked
 Potatoes, mashed, plain
 Potatoes, roasted without oil
 Potato wedges, oven-roasted without oil
 Purple potatoes
 Red potatoes
 Russet potatoes



Sweet potatoes
 Sweet potatoes, baked
 Sweet potatoes, mashed, plain
 Sweet potatoes, roasted without oil
 Sweet potatoes, unsweetened, canned
 Sweet potato wedges, oven-roasted without oil
 Taro
 White potatoes
 Yams
 Yellow potatoes
 Yucca
 Yukon Gold potatoes

TOFU & TEMPEH

Smoked tofu
 Tempeh
 Tofu, firm
 Tofu, silken
 Tofu, soft

YOGURT & COTTAGE CHEESE

Almond yogurt, plain
 Cottage cheese, plain nonfat
 Greek yogurt, plain nonfat
 Quark, plain, up to 1% fat
 Soy yogurt, plain
 Yogurt, plain nonfat

All these non-starchy veggies have Points®-earning potential! For every one-cup serving (roughly one handful), raw or cooked, you can earn 1 Points value to your daily Budget.

Broccoli rabe
 Broccoli slaw
 Brussels sprouts
 Butter lettuce (Bibb or Boston)
 Butternut squash
 Cabbage
 Carrots
 Cauliflower
 Pimientos, canned
 Pumpkin
 Pumpkin purée
 Radishes
 Red leaf lettuce
 Romaine lettuce
 Rutabaga
 Salsa, fat-free
 Sauerkraut