

## Zero Points Foods

Apples

Applesauce unsweetened

Apricots

Arrowroot

Artichoke hearts

Artichokes

Arugula

Asparagus

Bamboo shoots

Banana

Beans adzuki

Beans black

Beans broad (fava)

Beans butter

Beans cannellini

Beans cranberry (roman)

Beans garbanzo (chickpea)

Beans great northern

Beans green

Beans kidney

Beans lima

Beans lupini

Beans mung

Beans navy

Beans pink

Beans refried, FF canned

Beans small white

Beans snap

Beans soy

Beans string

Beans wax

Beans white

Beets

Berries, mixed

Blackberries

Blueberries

Broccoli

Broccoli rabe

Broccoli slaw

Broccolini

Brussels sprouts

Cabbage, All varieties

Cabbage, Chinese (bok choy)

Cabbage, Japanese green

Cabbage, Japanese napa

Cabbage, Japanese pickled
Cabbage, Japanese red
Cabbage, Japanese savory
Calamari, grilled
Cantaloupe
Carrots
Cauliflower
Caviar
Celery
Cherries
Chicken breast or tenderloin, skinless
Chicken breast, ground 99% FF
Clementines
Coleslaw mix (shredded cabbage and carrots) packaged
Collards
Corn, baby (ears), white, yellow, kernels, on the cob
Cranberries
Cucumber
Dates, fresh
Diakon
Dragon fruit
Edamame, in pods or shelled
Egg substitutes
Egg whites
Eggplant
Eggs, whole, including yolks
Endive
Escarole
Fish anchovies
Fish artic char
Fish bluefish
Fish brandzino (sea bass)
Fish butterfish
Fish carp
Fish catfish
Fish eel
Fish fillet, grilled with lemon pepper
Fish flounder
Fish grouper
Fish haddock
Fish halibut
Fish herring
Fish mackerel
Fish mahimahi (dolphinfish)
Fish monkfish
Fish orange roughy
Fish perch

Fish pike
Fish pollack
Fish pompano
Fish rainbow trout (steelhead)
Fish rockfish
Fish roe
Fish sablefish (including smoked)
Fish salmon (all varieties)
Fish salmon (lox)
Fish sardines
Fish sea bass
Fish smelt
Fish snapper
Fish sole
Fish striped bass
Fish striped mullet
Fish sturgeon (included smoked)
Fish sunfish (pumpkinseed)
Fish swordfish
Fish tilapia
Fish tilefish
Fish tuna (all varieties)
Fish turbot
Fish white sucker
Fish whitefish (including smoked)
Fish whitefish and pike (store bought)
Fish Whiting
Fruit cocktail
Fruit cup, unsweetened
Fruit salad
Fruit, unsweetened
Garlic
Ginger root
Grapefruit
Grapes
Greens, beet
Greens, collard
Greens, dandelion
Greens, kale
Greens, mixed baby
Greens, mustard
Greens, turnip
Guavas, strawberry
Hearts of palm (palmetto)
Honeydew melon
Jackfruit
Jerk chicken breast

Jerusalem artichokes (sunchokes)
Jicama (yam bean)
Kiwifruit
Kohirabi
Kumquats
Leeks
Lemon
Lemon zest
Lentils
Lettuce, (all varieties)
Lime
Lime zest
Litchis (lychees)
Mangoes
Melon balls
Mung bean sprouts
Mung dal
Mushroom caps
Mushrooms (all varieties)
Nectarine
Nori seaweed
Okra
Onions
Oranges (all varieties) including blood
Papayas
Parsley
Passion fruit
Pea shoots
Peaches
Peapods, black-eye
Pears
Peas and carrots
Peas black-eyed
Peas chickpeas (garbanzo)
Peas cowpeas (blackeyes)
Peas cowpeas (crowder southern)
Peas green
Peas pigeon
Peas snow (chinese pea pods)
Peas split
Peas sugar snap
Peas young pods with seeds
Pepperoncini
Peppers (all varieties)
Persimmons
Pickles, unsweetened
Pico de gallo

Pimientos, canned
Pineapple
Plumbs
Plumcots (pluots)
Pomegranate seeds
Pomegranates
Pomelo (pummelo)
Pumpkin
Pumpkin puree
Radicchio
Radishes
Raspberries
Rutabagas
Salad, mixed greens
Salad, side, without dressing, fast food
Salad, three bean
Salad, tossed, without dressing
Salsa verde
Salsa, FF
Salsa, FF, gluten-free
Sashimi
Satay, chicken, without peanut sauce
Satsuma mandarin
Sauerkraut
Scallions
Seaweed
Shallots
Shellfish alalone
Shellfish clams
Shellfish crab (including alaska king)
Shellfish crab (including blue)
Shellfish crab (including dungeness)
Shellfish crab (including lump crabmeat)
Shellfish crab (including queen)
Shellfish crayfish
Shellfish cuttlefish
Shellfish lobster (including spiny lobster)
Shellfish mussels
Shellfish octopus
Shellfish oysters
Shellfish scallops
Shellfish shrimp
Shellfish squid
Spinach
Sprouts, including alfalfa, bean, and lentil
Squash, summer (all varieties)
Squash, winter (all varieties)

Starfruit (carambola)
Strawberries
Succotash
Swiss chard
Tangelo
Tangerine
Tofu, (all varieties)
Tofu, smoked
Tomatillos
Tomato puree
Tomato sauce
Tomatoes (all varieties)
Turkey breast or tenderloin, skinless
Turkey breast, ground, 99% FF
Turkey breast, skinless, smoked
Turnips
Vegetable sticks
Vegetable, mixed
Vegetables, stir-fry, without sauce
Water chestnuts
Watercress
Watermellon
Yogurt, greek, plain, nonfat, unsweetened
Yogurt, plain, nonfat, unsweetened
Yogurt, soy, plain