

Green Zero Point Foods	Green	Cal / 1oz
Acorn Squash	Green	15
Apples	Green	15
Applesauce, Unsweetened	Green	19
Apricots, Fresh	Green	15
Artichoke Hearts, No Oil	Green	15
Artichokes	Green	15
Arugula	Green	15
Asparagus	Green	5
Baby Corn	Green	14
Bamboo Shoots	Green	8
Bananas	Green	25
Basil	Green	0
Beet Greens	Green	12
Beets	Green	12
Blackberries	Green	12
Blueberries	Green	16
Bok Choy	Green	1
Broccoli	Green	10
Broccoli Rabe	Green	6
Broccoli Slaw	Green	3
Brussels Sprouts	Green	12
Butter/Bibb Lettuce	Green	5
Butternut Squash	Green	15
Cabbage	Green	7
Cantaloupe	Green	10
Carrots	Green	12
Cauliflower	Green	7
Cauliflower Rice	Green	7
Celery	Green	9
Cherries	Green	14
Chives	Green	9
Cilantro	Green	7
Clementines	Green	13
Coleslaw Mix	Green	8
Collard Greens	Green	9
Cranberries, Fresh	Green	13
Cucumber	Green	4
Dragon Fruit	Green	8
Eggplant	Green	7
Endive	Green	5
Escarole	Green	5
Fennel	Green	9
Figs, Fresh	Green	21

Frozen Mixed Berries, Unsweetened	Green	9
Frozen Stir-Fry Vegetables / No Sauce	Green	14
Fruit Cocktail, Unsweetened	Green	23
Fruit Salad, Unsweetened	Green	23
Garlic	Green	38
Gauva	Green	19
Ginger	Green	4
Grapefruit	Green	9
Grapes	Green	19
Green Leaf Lettuce	Green	4
Hearts of Palm	Green	5
Honeydew	Green	8
Iceberg Lettuce	Green	4
Jicama	Green	6
Kale	Green	14
Kiwi	Green	17
Kohlrabi	Green	8
Kumquats	Green	20
Leeks	Green	17
Lemons	Green	8
Limes	Green	8
Mangoes	Green	17
Meyer Lemons	Green	12
Mint	Green	5
Mixed Greens	Green	8
Mushrooms	Green	5
Mustard Greens	Green	7
Napa Cabbage	Green	3
Nectarines	Green	12
Nori (Seaweed)	Green	5
Oak Leaf Lettuce	Green	5
Okra	Green	9
Onions	Green	9
Oragano	Green	0
Oranges	Green	13
Papayas	Green	12
Parsley	Green	3
Pea Shoots	Green	23
Peaches	Green	11
Pears	Green	16
Peppers	Green	8
Persimmons	Green	36
Pickles, Unsweetened	Green	3
Pico De Gallo	Green	10

Pineapples	Green	14
Plums	Green	13
Pomegranates	Green	23
Pomelo	Green	9
Pumpkin	Green	7
Pumpkin Puree	Green	10
Radishes	Green	5
Raspberries	Green	15
Red Leaf Lettuce	Green	5
Romaine Lettuce	Green	10
Rosemary	Green	5
Rutabaga	Green	11
Salsa Fat-Free	Green	5
Sauerkraut	Green	4
Scallions	Green	4
Shallots	Green	20
Spaghetti Squash	Green	13
Spinach	Green	7
Star Fruit	Green	9
Strawberries	Green	9
String Beans	Green	4
Summer Squash	Green	3
Swiss Chard	Green	1
Tangerines	Green	15
Tarragon	Green	95
Thyme	Green	29
Tomatillos	Green	9
Tomatoe Puree, Canned	Green	18
Tomato Sauce, Canned	Green	9
Tomatoes	Green	5
Turnips	Green	8
Water Chestnuts	Green	9
Watermellon	Green	8
Wax Beans	Green	5
Zucchini	Green	5
Blue Zero Point Foods	Blue	Cal / 1oz
Abalone	Blue	29
Acorn Squash	Blue	15
Adzuki Beans	Blue	35
Alaskan King Crab	Blue	25
Alfalfa Sprouts	Blue	1
Anchovies, In Water	Blue	36
Apples	Blue	15
Applesauce, Unsweetened	Blue	19

Apricots, Fresh	Blue	15
Arctic Char	Blue	52
Artichoke Hearts, No Oil	Blue	15
Artichokes	Blue	15
Arugula	Blue	15
Asparagus	Blue	5
Baby Corn	Blue	14
Bamboo Shoots	Blue	8
Bananas	Blue	25
Basil	Blue	0
Bean Sprouts	Blue	8
Beet Greens	Blue	12
Beets	Blue	12
Black Beans	Blue	95
Blackberries	Blue	12
Black-Eyed Peas	Blue	102
Blueberries	Blue	16
Bluefish	Blue	50
Bok Choy	Blue	1
Branzino	Blue	35
Broccoli	Blue	10
Broccoli Rabe	Blue	6
Broccoli Slaw	Blue	3
Brussels Sprouts	Blue	12
Butter/Bibb Lettuce	Blue	5
Butterfish	Blue	53
Butternut Squash	Blue	15
Cabbage	Blue	7
Cannellini Beans	Blue	41
Cantaloupe	Blue	10
Carp	Blue	45
Carrots	Blue	12
Catfish	Blue	38
Cauliflower	Blue	7
Cauliflower Rice	Blue	7
Caviar	Blue	73
Celery	Blue	9
Cherries	Blue	14
Chicken Breast, Ground	Blue	48
Chicken Breast, Skinless	Blue	48
Chickpeas	Blue	26
Chives	Blue	9
Cilantro	Blue	7
Clams	Blue	42

Clementines	Blue	13
Cod	Blue	29
Coleslaw Mix	Blue	8
Collard Greens	Blue	9
Corn	Blue	14
Corn Canned	Blue	14
Crabmeat, Lump	Blue	13
Cranberries, Fresh	Blue	13
Crayfish	Blue	25
Cucumber	Blue	4
Cuttlefish	Blue	23
Dragon Fruit	Blue	8
Edamame	Blue	24
Eel	Blue	66
Egg Substitute	Blue	16
Egg Whites	Blue	4
Egg Yolks	Blue	91
Eggplant	Blue	7
Eggs	Blue	27
Endive	Blue	5
Escarole	Blue	5
Fava Beans	Blue	14
Fennel	Blue	9
Figs, Fresh	Blue	21
Fish Roe	Blue	41
Flounder	Blue	24
Frozen Mixed Berries, Unsweetened	Blue	9
Frozen Stir-Fry Vegetables / No Sauce	Blue	14
Fruit Cocktail, Unsweetened	Blue	23
Fruit Salad, Unsweetened	Blue	23
Garlic	Blue	38
Ginger	Blue	4
Grapefruit	Blue	9
Grapes	Blue	19
Great Northern Beans	Blue	26
Green Leaf Lettuce	Blue	4
Green Peas	Blue	23
Grouper	Blue	33
Guava	Blue	19
Haddock	Blue	25
Haddock Smoked	Blue	25
Halibut	Blue	31
Hearts of Palm	Blue	5
Herring	Blue	57

Honeydew	Blue	8
Iceberg Lettuce	Blue	4
Jicama	Blue	6
Kale	Blue	14
Kidney Beans	Blue	94
Kiwi	Blue	17
Kohlrabi	Blue	8
Kumquats	Blue	20
Leeks	Blue	17
Lemons	Blue	8
Lentils	Blue	100
Lima Beans	Blue	20
Limes	Blue	8
Lobster	Blue	25
Lupini Beans	Blue	15
Mahi Mahi	Blue	25
Mangoes	Blue	17
Meyer Lemons	Blue	12
Mint	Blue	5
Mixed Greens	Blue	8
Monkfish	Blue	28
Mushrooms	Blue	5
Mussels	Blue	49
Mustard Greens	Blue	7
Napa Cabbage	Blue	3
Navy Beans	Blue	95
Nectarines	Blue	12
Nori (Seaweed)	Blue	5
Oak Leaf Lettuce	Blue	5
Octopus	Blue	46
Okra	Blue	9
Onions	Blue	9
Orange Roughy	Blue	22
Oranges	Blue	13
Oregano	Blue	0
Oysters	Blue	23
Papayas	Blue	12
Parsley	Blue	3
Parsnips	Blue	12
Pea Shoots	Blue	23
Peaches	Blue	11
Pears	Blue	16
Peas	Blue	12
Peas, Split	Blue	29

Peppers	Blue	8
Perch	Blue	33
Persimmons	Blue	36
Pickles, Unsweetened	Blue	3
Pico De Gallo	Blue	10
Pike	Blue	32
Pimientos, Canned	Blue	3
Pineapples	Blue	14
Pinto Beans	Blue	97
Plums	Blue	13
Pollock	Blue	31
Pomegranates	Blue	23
Pomelo	Blue	9
Pompano	Blue	47
Pumpkin	Blue	7
Pumpkin Puree	Blue	10
Radishes	Blue	5
Raspberries	Blue	15
Red Leaf Lettuce	Blue	5
Refried Beans, Canned, Fat-Free	Blue	30
Romaine Lettuce	Blue	10
Rosemary	Blue	5
Rutabaga	Blue	11
Salmon	Blue	58
Salmon Smoked	Blue	58
Salsa Fat-Free	Blue	5
Sardines, In Water or Sauce	Blue	58
Sashimi	Blue	30
Sauerkraut	Blue	4
Scallions	Blue	4
Scallops	Blue	31
Sea Bass	Blue	35
Sea Cucumber	Blue	16
Sea Urchin	Blue	3
Shallots	Blue	20
Shrimp	Blue	23
Smelt	Blue	35
Snails	Blue	25
Snapper	Blue	28
Sole	Blue	24
Soy Beans	Blue	132
Spaghetti Squash	Blue	13
Spinach	Blue	7
Squid	Blue	26

Star Fruit	Blue	9
Steelhead Trout	Blue	40
Strawberries	Blue	9
String Beans	Blue	4
Striped Bass	Blue	27
Sturgeon	Blue	38
Sturgeon Smoked	Blue	38
Succotash	Blue	28
Summer Squash	Blue	3
Swiss Chard	Blue	1
Swordfish	Blue	48
Tangerines	Blue	15
Tarragon	Blue	95
Tempeh	Blue	54
Thyme	Blue	29
Tilapia	Blue	36
Tofu, Firm	Blue	20
Tofu, Silken	Blue	15
Tofu, Smoked	Blue	47
Tofu, Soft	Blue	17
Tomatillos	Blue	9
Tomato Puree, Canned	Blue	18
Tomato Sauce Canned	Blue	9
Tomatoes	Blue	5
Trout	Blue	53
Trout Smoked	Blue	53
Tuna	Blue	37
Tuna Canned, In Water	Blue	37
Turbot	Blue	34
Turkey Breast, Ground	Blue	30
Turkey Breast, Skinless	Blue	38
Turkey, Ground 98% Fat-Free	Blue	30
Turnips	Blue	8
Wahoo	Blue	47
Water Chestnuts	Blue	9
Watermelon	Blue	8
Wax Beans	Blue	5
Whitefish	Blue	48
Whitefish Smoked	Blue	48
Yogurt Greek, Plain, Non Fat	Blue	17
Yogurt Quark, Plain, Up to 1% Fat	Blue	15
Yogurt Soy, Plain	Blue	19
Yogurt, Plain, Non Fat	Blue	16
Zucchini	Blue	5

Purple Zero Point Foods	Purple	Cal / 1oz
Abalone	Purple	29
Acorn Squash	Purple	15
Adzuki Beans	Purple	35
Air-Popped Popcorn, No Oil or Sugar	Purple	8
Air-Popped Popcorn, No Oil or Sugar, With Salt & Spices	Purple	8
Alaskan King Crab	Purple	25
Alfalfa Sprouts	Purple	1
Amaranth	Purple	31
Anchovies	Purple	36
Ancient Grain Mix, No Seeds	Purple	85
Apples	Purple	15
Applesauce, Unsweetened	Purple	19
Apricots, Fresh	Purple	15
Arctic Char	Purple	52
Artichoke Hearts, No Oil	Purple	15
Artichokes	Purple	15
Arugula	Purple	15
Asparagus	Purple	5
Baby Corn	Purple	14
Bamboo Shoots	Purple	8
Bananas	Purple	25
Barley	Purple	24
Barley Quick-Cooking	Purple	60
Basil	Purple	0
Bean Sprouts	Purple	8
Beet Greens	Purple	12
Beets	Purple	12
Black Bean Pasta	Purple	106
Black Beans	Purple	95
Blackberries	Purple	12
Black-Eyed Peas	Purple	102
Blueberries	Purple	16
Bluefish	Purple	50
Bok Choy	Purple	1
Branzino	Purple	35
Broccoli	Purple	10
Broccoli Rabe	Purple	6
Broccoli Slaw	Purple	3
Brown Basmati Rice	Purple	90
Brown Rice	Purple	27
Brown Rice Cereal, 100%	Purple	16
Brown Rice Noodles	Purple	74
Brown Rice Pasta	Purple	53

Brown Rice Quick-Cooking	Purple	85
Brown Rice Quinoa Blend	Purple	28
Brussels Sprouts	Purple	12
Buckwheat	Purple	19
Buckwheat Soba Noodles	Purple	14
Bulgur	Purple	19
Butter/Bibb Lettuce	Purple	5
Butterfish	Purple	53
Butternut Squash	Purple	15
Cabbage	Purple	7
Cannellini Beans	Purple	41
Cantaloupe	Purple	10
Carp	Purple	45
Carrots	Purple	12
Cassava	Purple	41
Catfish	Purple	38
Cauliflower	Purple	7
Cauliflower Rice	Purple	7
Caviar	Purple	73
Celery	Purple	9
Cherries	Purple	14
Chicken Breast, Ground	Purple	48
Chicken Breast, Skinless	Purple	48
Chickpea pasta	Purple	87
Chickpeas	Purple	26
Chives	Purple	9
Cilantro	Purple	7
Clams	Purple	42
Clementines	Purple	13
Cod	Purple	29
Coleslaw Mix	Purple	8
Collard Greens	Purple	9
Corn	Purple	15
Corn Canned	Purple	15
Corn Pasta	Purple	95
Cottage Cheese, Plain, Non fat	Purple	106
Crabmeat, Lump	Purple	13
Cranberries, Fresh	Purple	13
Crayfish	Purple	25
Cucumber	Purple	4
Cuttlefish	Purple	23
Dragon Fruit	Purple	8
Dungeness Crab	Purple	20
Edamame	Purple	24

Edamame pasta	Purple	105
Eel	Purple	66
Egg Substitute	Purple	16
Egg Whites	Purple	4
Egg Yolks	Purple	91
Eggplant	Purple	7
Eggs	Purple	27
Endive	Purple	5
Escarole	Purple	5
Farro	Purple	70
Fava Beans	Purple	14
Fennel	Purple	9
Figs, Fresh	Purple	21
Fish Roe	Purple	41
Flounder	Purple	24
Freekeh	Purple	25
Frozen Mixed Berries, Unsweetened	Purple	9
Frozen Stir-Fry Vegetables / No Sauce	Purple	14
Fruit Cocktail, Unsweetened	Purple	23
Fruit Salad, Unsweetened	Purple	23
Garlic	Purple	38
Ginger	Purple	4
Grapefruit	Purple	9
Grapes	Purple	19
Great Northern Beans	Purple	26
Green Leaf Lettuce	Purple	4
Green Peas	Purple	23
Grouper	Purple	33
Guava	Purple	19
Haddock	Purple	25
Haddock Smoked	Purple	25
Halibut	Purple	31
Hearts of Palm	Purple	5
Herring	Purple	57
Hominy	Purple	15
Honeydew	Purple	8
Iceberg Lettuce	Purple	4
Instant Brown Rice	Purple	45
Instant Oatmeal, Plain	Purple	38
Jicama	Purple	6
Kale	Purple	14
Kamut	Purple	28
Kasha	Purple	85
Kidney Beans	Purple	94

Kiwi	Purple	17
Kohlrabi	Purple	8
Kumquats	Purple	20
Leeks	Purple	17
Lemons	Purple	8
Lentil Pasta	Purple	36
Lentils	Purple	100
Lima Beans	Purple	20
Limes	Purple	8
Lobster	Purple	25
Lupini Beans	Purple	15
Mahi Mahi	Purple	25
Mangoes	Purple	17
Meyer Lemons	Purple	12
Mint	Purple	5
Millet	Purple	36
Mixed Greens	Purple	8
Monkfish	Purple	28
Mushrooms	Purple	5
Mussels	Purple	49
Mustard Greens	Purple	7
Napa Cabbage	Purple	3
Navy Beans	Purple	95
Nectarines	Purple	12
Nori (Seaweed)	Purple	5
Oak Leaf Lettuce	Purple	5
Oatmeal, Plain	Purple	16
Oats	Purple	38
Octopus	Purple	46
Okra	Purple	9
Onions	Purple	9
Orange Roughy	Purple	22
Oranges	Purple	13
Oregano	Purple	0
Oysters	Purple	23
Papayas	Purple	12
Parsley	Purple	3
Parsnips	Purple	12
Pea Pasta	Purple	47
Pea Shoots	Purple	23
Peaches	Purple	11
Pears	Purple	16
Peas	Purple	29
Peas, Split	Purple	12

Peppers	Purple	8
Perch	Purple	33
Persimmons	Purple	36
Pickles, Unsweetened	Purple	3
Pico De Gallo	Purple	10
Pike	Purple	32
Pimientos, Canned	Purple	3
Pineapples	Purple	14
Pinto Beans	Purple	97
Plums	Purple	13
Pollock	Purple	31
Pomegranates	Purple	23
Pomelo	Purple	9
Pompano	Purple	47
Popcorn Kernels For At-Home Popping	Purple	8
Potato Sweet Fries, Oven Roasted No Oil	Purple	78
Potatoes Sweet, Roasted, No Oil	Purple	42
Potatoes, Baby	Purple	37
Potatoes, Baked	Purple	26
Potatoes, Fingerling	Purple	23
Potatoes, Frozen Prepared without Fat	Purple	17
Potatoes, Idaho	Purple	26
Potatoes, Japanese Sweet	Purple	24
Potatoes, Mashed Sweet, Plain	Purple	27
Potatoes, Mashed, Plain	Purple	27
Potatoes, New	Purple	26
Potatoes, Purple	Purple	20
Potatoes, Red	Purple	25
Potatoes, Russet	Purple	27
Potatoes, Sweet	Purple	26
Potatoes, Sweet, Baked	Purple	26
Potatoes, Sweet, Canned, Unsweetened	Purple	26
Potatoes, White	Purple	26
Potatoes, Yellow	Purple	23
Potatoes, Yukon Gold	Purple	23
Potatos, Roasted, No Oil	Purple	42
Pumpkin	Purple	7
Pumpkin Puree	Purple	10
Quinoa	Purple	28
Quinoa Pasta	Purple	104
Quinoa Red	Purple	28
Radishes	Purple	4
Raspberries	Purple	15
Red Leaf Lettuce	Purple	5

Refried Beans, Canned, Fat-Free	Purple	30
Regular Oats Quick-Cooking	Purple	112
Rolled Oats	Purple	33
Romaine Lettuce	Purple	10
Rosemary	Purple	5
Rutabaga	Purple	11
Rye Berries	Purple	75
Salmon	Purple	58
Salmon Smoked	Purple	58
Salsa Fat-Free	Purple	5
Sardines, In Water or Sauce	Purple	58
Sashimi	Purple	30
Sauerkraut	Purple	4
Scallions	Purple	4
Scallops	Purple	31
Sea Bass	Purple	35
Sea Cucumber	Purple	16
Sea Urchin	Purple	3
Shallots	Purple	20
Shirataki Noodles	Purple	5
Shrimp	Purple	23
Smelt	Purple	35
Snails	Purple	25
Snapper	Purple	28
Sole	Purple	24
Sorghum	Purple	79
Soy Beans	Purple	132
Soybean Pasta	Purple	3
Spaghetti Squash	Purple	13
Spelt	Purple	74
Spelt Berries	Purple	65
Spinach	Purple	7
Split Peas	Purple	84
Squid	Purple	26
Star Fruit	Purple	9
Steel-Cut Oats	Purple	85
Steel-Cut Oats Quick-Cooking	Purple	75
Steelhead Trout	Purple	40
Strawberries	Purple	9
String Beans	Purple	4
Striped Bass	Purple	27
Sturgeon	Purple	38
Sturgeon Smoked	Purple	38
Succotash	Purple	28

Summer Squash	Purple	3
Swiss Chard	Purple	1
Swordfish	Purple	48
Tangerines	Purple	15
Taro	Purple	23
Tarragon	Purple	95
Teff	Purple	89
Tempeh	Purple	54
Thai Brown Rice	Purple	90
Thyme	Purple	29
Tilapia	Purple	36
Tofu Firm	Purple	20
Tofu Silken	Purple	15
Tofu Smoked	Purple	47
Tofu Soft	Purple	17
Tomatillos	Purple	9
Tomato Puree, Canned	Purple	18
Tomato Sauce Canned	Purple	9
Tomatoes	Purple	5
Tri-Color Quinoa	Purple	80
Trout	Purple	53
Trout Smoked	Purple	53
Tuna	Purple	37
Tuna Canned, In Water	Purple	37
Turbot	Purple	34
Turkey Breast, Ground	Purple	30
Turkey Breast, Skinless	Purple	38
Turkey, Ground 98% Fat-Free	Purple	30
Turnips	Purple	8
Wahoo	Purple	47
Water Chestnuts	Purple	9
Watermellon	Purple	8
Wax Beans	Purple	5
Wheat Berries	Purple	37
Whitefish	Purple	48
Whitefish Smoked	Purple	48
Whole-Grain Sorghum	Purple	99
Whole-Wheat Couscous	Purple	99
Whole-Wheat Pasta	Purple	35
Wild Rice	Purple	21
Wild Rice-Brown Rice Blend	Purple	20
Yams	Purple	22
Yogurt Greek, Plain, Non Fat	Purple	17
Yogurt Plain, Non Fat	Purple	16

Yogurt Quark, Plain, Up to 1% Fat	Purple	15
Yogurt Soy, Plain	Purple	19
Yucca	Purple	41
Zucchini	Purple	5