

**VEGETABLES**

*Vegetables cannot contain ingredients that are not Core Foods. (For example, regular refried beans, pork & beans, corn in butter sauce, dried tomatoes packed in oil, French fries, and sweet pickles are not Core Foods.) Vegetable juices are not Core Foods.*

Artichoke  
 Artichoke hearts  
 Arugula  
 Asparagus  
 Avocado  
 Beans  
   black  
   cannellini  
   garbanzo  
   green  
   kidney  
   lima  
   navy  
   pinto  
   refried, fat-free  
   soy  
   white  
 Bean sprouts  
 Beets  
 Broccoli  
 Brussels sprouts  
 Cabbage, all varieties  
 Cardoon  
 Carrot  
 Cauliflower  
 Celeriac  
 Celery  
 Chard, Swiss  
 Chicory (curly endive)  
 Chinese vegetables (prepared without oil)  
 Corn  
   baby  
   kernels  
   on the cob  
 Cucumber  
 Daikon  
 Edamame  
 Eggplant  
 Endive  
 Escarole  
 Fennel (anise, sweet anise, or finocchio)  
 Fiddlefern (fiddlehead greens)  
 Garlic  
 Giardiniera (vegetable medley, without

olives, packed in vinegar)  
 Gobo (burdock)  
 Gourd, white, flowered  
 Grape leaves  
 Greens (beet, chard, collard, dandelion, kale, mustard, turnip)  
 Hearts of palm (palmetto)  
 Horseradish tree leaves  
 Jerusalem artichokes (sunchokes)  
 Jicama  
 Kale  
 Kim chee  
 Kohlrabi  
 Lambs-quarters  
 Leeks  
 Lentils  
 Lettuce  
 Lotus root  
 Malanga  
 Mixed vegetables  
 Mushrooms  
   dried  
   fresh  
 Okra  
 Olives  
 Onion  
 Parsley  
 Parsnips  
 Peas  
   black-eyed (cowpeas)  
   chick  
   green  
   snow  
   split  
   sugar snap  
 Peppers, any type  
 Pico de gallo  
 Pimientos  
 Plantain, baked or boiled  
 Poi  
 Potatoes  
   baby  
   bliss  
   new  
   O'Brien, frozen (prepared without fat)  
   red  
   sweet  
   white  
 Pumpkin  
 Pumpkin leaves  
 Radishes  
 Rutabaga

Salad  
   mixed green, without dressing  
   Niçoise, without dressing  
   tossed, without dressing  
 Salsa, fat-free  
 Salsify (oyster plant)  
 Sauerkraut  
 Scallions  
 Shallots  
 Spinach  
 Sprouts  
   alfalfa  
   bean  
 Squash  
   spaghetti  
   summer  
   winter  
   zucchini  
 Squash leaves  
 Stir-fry vegetables, without sauce, frozen  
 Succotash  
 Sweet potato leaves  
 Taro  
 Taro leaves  
 Tomato paste, canned  
 Tomato puree, canned  
 Tomatoes  
 Turnips  
 Water chestnuts  
 Watercress  
 Wax gourd (Chinese winter melon)  
 Yam  
 Yam patty, frozen  
 Yucca

**FRUITS**

*Canned fruit only packed in water or juice, and drained. Dried fruits are not Core Foods. Fruit juices are not Core Foods.*

Apple, fresh  
 Applesauce, unsweetened  
 Apricot, canned, unsweetened  
 Apricot, fresh  
 Banana  
 Berries, mixed  
 Bittermelon (balsam-pear pods)  
 Blackberries  
 Blueberries  
 Boysenberries  
 Breadfruit  
 Cantaloupe  
 Casaba melon

Cherries, fresh  
 Clementines  
 Crabapple  
 Cranberries, fresh  
 Currants, fresh  
 Dates, fresh  
 Elderberries  
 Figs, fresh  
 Fruit cocktail, unsweetened  
 Gooseberries  
 Grapefruit  
 Grapes  
 Guava  
 Honeydew melon  
 Jackfruit  
 Kiwifruit  
 Kumquats  
 Loganberries  
 Loquats  
 Lychees (litchies)  
 Mandarin orange  
   canned, unsweetened  
   fresh  
 Mango  
 Melon (all types)  
 Mulberries  
 Nectarine  
 Orange  
 Papaya  
 Passion fruit  
 Peach  
 Pear  
 Persimmon  
 Pineapple  
   canned, unsweetened  
   fresh  
 Plum  
 Pomegranate  
 Pomelo  
 Prickly pear (cactus pear)  
 Quince  
 Raspberries  
 Rhubarb  
 Soursop (guanabana)  
 Starfruit (carambola)  
 Strawberries  
 Sweetsop (sugar apple)  
 Tamarinds  
 Tangelo  
 Tangerine  
 Watermelon

**SOUPS (WITH CORE PLAN® INGREDIENTS ONLY)**

*Cream soups are not Core Foods*  
 Bean and ham, canned (made with water)  
 Beef vegetable, canned (made with water)  
 Beef, canned (made with water)  
 Borscht  
   low-calorie, store-bought  
   store-bought  
 Black bean  
 Black bean, canned (made with water)  
 Black bean, in a cup  
 Bouillon, any type  
 Broth, any type  
 Cabbage  
 Chicken vegetable mix, in a cup  
 Chicken, without matzo balls (broth only)  
 Court bouillon  
 Escarole, canned (ready-to-serve)  
 Gazpacho, canned  
   made with water  
   ready-to-serve  
 Lentil  
 Lentil mix, in a cup  
 Lentil with ham, canned, ready-to-serve  
 Manhattan clam chowder, canned (made with water)  
 Miso  
 Onion mix  
 Pea  
 Schav, canned  
 Scotch broth  
 Split pea  
   frozen  
   in a cup  
   with ham, canned (made with water)  
 Tomato, canned  
   made with fat-free milk  
   made with water  
 Vegetable  
 Vegetable beef, canned (made with water)  
 Vegetable mix

**STARCHES, GRAINS, AND CEREALS**

*Any wholegrain cereal without added sugar, nuts or dried fruit. Cold cereal is limited to one meal a day and must be eaten with fat-free milk or fat-free plain yogurt. Whole*

wheat pasta or brown rice or potatoes is limited to once meal a day. Bread is not a Core Food.

Barley  
Buckwheat  
Bulgur  
Cereal, cold  
    100% bran cereal  
    puffed, whole-grain  
    shredded wheat  
    other whole-grain cereals without added sugar, nuts, or dried fruit  
Cereal, cooked (hot)  
    grits, corn  
    oatmeal, instant, plain  
    other whole-grain cereals without added sugar or nuts  
Cornmeal (polenta)  
Couscous  
Hominy, whole  
Kasha (buckwheat groats)  
Macaroni, whole-wheat  
Pasta, whole-wheat  
Popcorn  
    plain, air-popped  
    reduced-fat (94% fat-free), microwave popped  
Quinoa  
Rice  
    brown  
    wild  
Rolled oats  
Spaghetti, whole-wheat  
Starchy vegetables (e.g., peas, corn)

## LEAN MEATS

*Trim any visible fat before preparing and remove skin before eating. Ground beef with no more than 7% fat or ground turkey or ground chicken is limited to one meal a day. Processed meats such as deli products and hot dogs are not Core Foods.*

### Beef

Bottom and top round, trimmed  
Bottom and top sirloin, trimmed  
Cube steak, trimmed  
Eye round roast, trimmed  
Flank, trimmed  
Filet mignon, trimmed  
Ground beef with no more than 7% fat  
KC strip, trimmed  
Lean cuts, trimmed

New York steak, trimmed  
Porterhouse steak, trimmed  
Round steak or roast, trimmed  
Round tip steak and roast, trimmed  
Sirloin steak, trimmed  
Steak, lean (round or loin cuts), trimmed  
Strip sirloin, trimmed  
T-bone steak, trimmed  
Tenderloin roast and steak, trimmed  
Top loin steak, trimmed  
Top sirloin roast, trimmed  
Tongue

### Pork

Canadian-style bacon  
Center loin, trimmed  
Ham, lean, trimmed  
Lean cuts, trimmed  
Leg, trimmed  
Loin, trimmed  
Sirloin, trimmed  
Tenderloin, trimmed  
Top loin, trimmed

### Lamb

Lean cuts, trimmed  
Leg, trimmed  
Loin, trimmed  
Sirloin chop, trimmed

### Veal

Lean (round and loin cuts), trimmed  
Leg, trimmed  
Loin, trimmed  
Round, trimmed  
Sirloin, trimmed

### Poultry

Chicken  
    breast, without skin  
    broiler or fryer, meat only, roasted  
    canned  
    dark meat, without skin and bone  
    drumstick, without skin  
    ground  
    thigh, without skin  
    white meat, without skin and bone  
Cornish hen, without skin  
Duck, domestic, without skin  
Turkey  
    canned  
    dark meat, without skin  
    ground  
    white meat, without skin

## Game Meats

*Choose visibly lean cuts and trim any excess fat. (At the meat case, look for cuts from the loin, round and leg.)*

Buffalo  
Elk  
Ostrich  
Venison

## Organ Meats

Beef  
    heart  
    kidney  
    liver  
    tripe  
    or any other variety  
Chicken  
    giblets  
    gizzard  
    heart  
    liver  
    or any other variety  
Lamb  
    sweetbreads  
    or any other variety  
Pork  
    chitterlings  
    kidney  
    sweetbreads  
    or any other variety  
Poultry, any variety  
Veal  
    sweetbreads  
    or any other variety

## FISH AND SHELLFISH

*Canned varieties must be packed in water, broth or tomato juice (not packed in oil).*

Abalone  
Bass, striped  
Bluefish  
Calamari, grilled  
Carp  
Catfish  
Caviar or any type fish roe  
Clam juice  
Clams  
Cod  
Crab  
Crab, imitation  
Crayfish  
Dried

Eel  
Flounder  
Grouper  
Haddock  
Halibut  
Herring  
Lobster  
Lomi lomi salmon  
Lox  
Mackerel  
Mahimahi (dolphinfish)  
Mussels  
Oysters  
Perch  
Pike  
Poke, ahi or tako  
Pollock  
Pompano  
Rockfish  
Salmon  
Sardines, canned in tomato sauce  
Sashimi, any type  
Scallops  
Shark  
Shrimp  
Skate  
Smelt  
Snapper  
Sole  
Squid  
Swordfish  
Tilapia  
Trout  
Tuna  
Whitefish  
Whiting

## MEAT SUBSTITUTES

Dried beans  
    black  
    cannellini  
    cowpeas (black-eyed peas)  
    garbanzo  
    kidney  
    lima  
    navy  
    pinto  
    refried, fat-free  
    soy  
    white  
Lentils  
Quorn

Seitan  
Tempeh  
Textured vegetable protein  
Tofu  
    low-fat  
    regular, firm  
    regular, soft  
Vegetarian burgers  
    black bean, frozen  
    fat-free, frozen  
    frozen  
Vegetarian ground "meat," frozen

## EGG PRODUCTS

Egg substitute  
    fat-free  
    regular  
Egg white  
Egg, whole

## MILK PRODUCTS

**Items marked ♦:** count towards your milk servings. **Items marked ■:** limit to one per day – in total.

Cheese, cottage, fat-free ♦  
Cheese, hard or semisoft, fat-free ♦  
Cheese, pot  
Cheese, ricotta, fat-free  
Cocoa, hot, instant, sugar-free, fat-free ■  
Dairy shake, reduced-calorie ♦ ■  
Milk  
    evaporated, fat-free  
    fat-free ♦  
    instant nonfat dry powder  
    with fat-free milk ♦  
Pudding, fat-free, sugar-free mix (made with fat-free milk) ♦  
Sour cream, fat-free  
Weight Watchers® Smoothies ♦ ■  
Yogurt, plain, fat-free ♦

## DAIRY SUBSTITUTES

Soy cheese  
    fat-free  
    regular  
Soy milk, unflavored  
Soy yogurt (plain unsweetened)

## OILS

*Two tsp of olive, canola, safflower, sunflower or flaxseed oil should be included each day. Use your weekly POINTS Allowance for any additional oil used.*

Canola oil  
Flaxseed oil  
Margarine, fat-free  
Mayonnaise, fat-free  
Nonstick baking spray  
Nonstick cooking spray  
Olive oil  
Safflower oil  
Salad dressing, creamy, fat-free  
Salad dressing, Italian-type (not creamy),  
fat-free  
Sunflower oil

## BEVERAGES

*Beverages containing alcohol are not Core Foods.*

Cappuccino, made with fat-free milk  
Club soda  
Coffee  
black, without sugar  
decaffeinated, black, without sugar  
Coffee substitute or cereal beverage  
powder  
Diet soft drinks, any flavor  
Latte, made with fat-free milk  
Mineral water  
Seltzer, unsweetened  
plain  
flavored  
Tea  
black, without sugar  
decaffeinated, black, without sugar  
Water

## CONDIMENTS

Baking powder  
Baking soda  
Bean dip, fat-free  
Black bean sauce  
Capers  
Chives  
Cocktail sauce, store-bought  
Extracts  
Flavorings  
Herbs  
Horseradish  
Hot sauce (pepper sauce)  
Ketchup  
Lemon juice  
Lime juice  
Miso  
Mustard

Pico de gallo  
Salsa, fat-free  
Soy sauce (shoyu)  
Spices  
Steak sauce  
Sugar substitutes  
Taco sauce  
Teriyaki sauce  
Vinegar  
Worcestershire sauce

## EXTRAS

Gelatin  
fruit-flavored, sugar-free  
unflavored  
Gum, chewing, sugarless  
Weight Watchers® Fruities