

# it's built from Power Foods

Simple Start meals and snacks are built from Weight Watchers Power Foods, plus certain seasonings and condiments and healthy oils. If you'd like to make something else from these foods, go for it!

Weight Watchers Power Foods			Plus	
<b>fruits</b> All fresh, frozen, or canned without added sugar Fruit canned in its own juice (drained) Fruit salad—mixed fruits with no added sugar	<b>vegetables</b> Most fresh, frozen, or canned without added sugar or oil—whether or not it has a <b>PointsPlus</b> value per serving <b>Potatoes</b> —white, red, sweet	<b>fat-free dairy &amp; dairy substitutes</b> <b>Fat-free cheeses</b> , including fat-free cottage cheese <b>Fat-free milk</b> and beverages made with fat-free milk—such as cappuccino or latte, as long as it's sugar-free <b>Fat-free yogurt</b> , plain or flavored with artificial sweetener <b>Fat-free sour cream</b> <b>Unflavored fat-free soy cheese</b> <b>Unflavored soy milk and soy yogurt</b>	<b>seasonings &amp; condiments</b> Baking powder Baking soda Capers Cocktail sauce Extracts Fat-free margarine Fat-free mayonnaise Fat-free salad dressings Flavorings Garlic Herbs Hot sauce (pepper sauce) Ketchup Lemon juice Lime juice Mustard Nonstick cooking or baking spray Salsa (fat-free) Shallots Soy sauce (shoyu) Spices Steak sauce Sugar substitutes Taco sauce Teriyaki sauce Vinegar Worcestershire sauce	<b>healthy oils</b> olive canola safflower sunflower flaxseed  <i>Note: Include 2 tsp per day, total.</i>
<b>lean proteins</b> <b>Beans</b> , dried and canned, including cannellini, kidney, refried, and white <b>Beef, chicken, lamb, pork, turkey, veal</b> : lean, trimmed, all skin removed <b>Dried peas</b> , including black-eyed peas and split peas <b>Eggs</b> : whole, whites, and egg substitute <b>Game meats</b> , including buffalo, ostrich, and venison <b>Lentils</b> <b>Meat substitutes</b> , including tofu and vegetarian burgers with 2 g fat or less <b>Most fish and shellfish</b> : fresh, frozen, and canned in water <b>Organ meats</b> from beef, lamb, pork, and veal	<b>whole grains</b> <b>Brown and wild rices</b> <b>Hot cereals, cooked</b> —without added sugar, dried fruits, or nuts: 100% bran, cream of rice, cream of wheat, grits, oatmeal <b>Pasta, whole-wheat or other whole-grain varieties</b> <b>Popcorn</b> , as long as it's plain air-popped, plain or light microwave-popped, or 94% fat-free microwave-popped <b>Whole-grain, ready-to-eat cereals</b> —without added sugar, dried fruits, or nuts, and with 4 g fiber or more per serving <b>Whole grains</b> , such as barley, buckwheat, bulgur, cornmeal (polenta), whole-wheat couscous, or quinoa	<b>plus more</b> <i>Included breads:</i> <i>(Whole grains make the best choices)</i> <b>Light English muffins</b> <b>Light hot dog and hamburger rolls</b> <b>Reduced-calorie (light) breads or rolls, and thin sandwich bread</b>  <i>Included soups:</i> <b>Broth, onion, and some broth- and tomato-based vegetable soups</b>  <i>Included desserts:</i> <b>Sugar-free gelatin</b>	<b>What doesn't count:</b> Dried fruits, juices (neither fruit nor vegetable), fruits or vegetables prepared with ingredients that are not Weight Watchers Power Foods, avocados, French fries, olives, plantains, pickled vegetables, canned fish or shellfish packed in oil, meats or fish with breading or added fat, processed meats (such as hot dogs).	