

POWER FOODS LIST

Fruits

Included

All fresh, frozen, or canned without added sugar

Fruit canned in its own juice (drained)

Fruit salad—mixed fruits with no added sugar

Not included

Dried fruits

Juices

Vegetables

Included

Most fresh, frozen, or canned without added sugar or oil

Potatoes—white, red, and sweet

Not included

Juices

Vegetables prepared with ingredients that are not Weight Watchers

Power Foods (for example, corn in butter sauce, dried tomatoes packed in oil)

Avocados

French fries

Olives

Plantains

Pickled vegetables

Whole Grains

Included

Brown and wild rice

Hot cereals, cooked—no added sugar, dried fruits, or nuts such as

100% oat bran

Cream of rice or wheat

Oatmeal

Pasta, whole-wheat or other whole-grain varieties such as brown rice

Popcorn, air-popped or light microwave-popped, or 94% fat-free microwave-popped

Whole-grain, ready-to-eat cereals with ≤ 1 gm sugar, ≥ 3 gm fiber per serving, no dried fruits or nuts (such as shredded wheat or toasted oats)

Whole grains, such as:

Barley

Buckwheat

Bulgur

Cornmeal (polenta)

Couscous Whole-wheat

Farro

Quinoa

Fat-Free Dairy & Dairy Substitutes

(See *PointsPlus* Tracker for Light yogurts that are Power Foods)

Included

Fat-free cheeses including cottage, ricotta and cream cheese

Fat-free milk and beverages made with fat-free milk, such as:

Cappuccino or latte, as long as it's sugar-free

Fat-free plain yogurt, regular or Greek, and many light yogurts

Fat-free sour cream

Unflavored soy cheese

Unflavored soy milk

Unflavored soy yogurt

Lean Proteins

Included

(See *PointsPlus* Tracker® for specific cuts of meat and poultry that are Power Foods)

Beans, dried and canned, including black, cannellini, kidney, refried, and white

Beef, chicken, lamb, pork, turkey, and veal: lean, trimmed, and all skin removed

Dried peas, including black-eyed peas and split peas

Eggs: whole, whites, and egg substitute

Game meats, including buffalo, ostrich, and venison

Lentils

Luncheon meats, reduced sodium (no more than 0.5 gm fat)

Meat substitutes, including tofu and vegetarian burgers with 2 g of fat or less

Most fish and shellfish: fresh, frozen, and canned in water

Organ meats from beef, lamb, pork, and veal

Not included

Canned fish or shellfish packed in oil

Meats or fish with breading or added fat

Processed meats, such as hot dogs

Included breads

(Whole grains make the best choices)

Light English muffins

Light hot dog and hamburger rolls

Reduced-calorie (light) breads or rolls, flats and thin sandwich bread

Included soups

(See *PointsPlus* Tracker for specific soups that are Power Foods)

Reduced/Low sodium broth-, tomato-, and vegetable-based soups

Included desserts

Sugar-free gelatin

The following condiments and ingredients work with the Simply Filling technique

2 tsp oil per day (olive, canola, safflower, sunflower, and flaxseed)

Capers

Cocktail sauce

Extracts (such as vanilla and almond)

Fat-free mayonnaise

Fat-free salad dressings (≤ 400 mg sodium)

Fat-free salsa

Fat-free sour cream

Fresh herbs

Garlic (fresh and jarred minced)

Hot sauce

Ketchup

Mustards

Seasonings (such as salt, pepper, cinnamon, and ground red pepper)

Seasoning blends (such as Italian seasoning blends and dry rubs)

Shallots

Soy sauce, reduced sodium

Sugar substitutes

Steak sauce

Taco Sauce

Teriyaki sauce, reduced sodium

Vinegar

Worcestershire sauce