

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