

WEIGHT WATCHERS FOOD LIST

List Compiled via myWW: <https://www.weightwatchers.com/us/digital-food-list-2021>

Seasoning/Condiments

- Ketchup
- Light Mayo
- Vinegar
- Oil
- Cooking Spray
- Dried Herbs
- Spices
- Rubs
- Mustard
- Soy Sauce (Low-Sodium)
- Salt and Pepper
- Hot Sauce

Breads

- Sandwich Thins (Whole Wheat)
- Bread (Whole-Wheat or Whole-Grain)
- Tortillas (Corn or Whole-Wheat)
- Pizza Dough
- English Muffins (Whole-Wheat or Light)

Eggs and Dairy

- Cottage Cheese (Nonfat)
- Cream Cheese (Reduced-fat)
- Light Butter
- Eggs or Egg Substitute
- Grated Parmesan Cheese
- Regular or Greek Plain Yogurt (Nonfat)
- Milk (Plant or Animal-Based)
- Feta Cheese (Low-fat or reduced-fat)
- Cheddar Cheese (Low-fat or reduced-fat)

Produce

- Fresh Fruit
- Tofu
- Tempeh
- Pre-Cut Vegetables
- Zoodles
- Leafy Greens
- Lettuce
- Fresh Veggies
- Avocados
- Onions
- Garlic
- Herbs

Fish, Meat, Poultry

- Fish Steaks and/or Fillets
- Shrimp
- Shellfish
- Steak (Lean Cuts)
- Ground Chicken or Turkey (98% Fat-Free)
- Turkey Breast (Skinless)
- Chicken Breast and/or Thighs (Skinless)
- Pork (Lean Cuts)
- Bacon (Turkey and/or Canadian)

Deli

- Lean Deli Meats
- Guacamole
- Hummus
- Fresh Pico de Gallo
- Rotisserie Chicken

Pastas and Grains

- Oatmeal and/or Oats (Plain)
- Whole Grains (Quinoa, Hulled Barley, Bulgur, Farro)
- Brown Rice
- Pastas (Whole-grain and/or Legume-based)

Canned/Jarred Foods, Other Pantry Staples

- Marinara
- Salsa (Fat-free)
- Beans (Chickpeas, white, black, kidney)
- Dried Lentils
- Chicken/Vegetable Broth (Low-Sodium)
- Unsweetend Seltzers
- Pickles (Unsweetened)
- Nut/Seed Butters
- Tuna in Water
- Fruits (Minus added sugar)
- Vegetables (no added sugar, salt or oils)
- Tomatoes

Snacks

- Tortilla and/or Potato Chips (Baked)
- Almonds
- Pistachios
- Crackers (Whole-grain)
- Popcorn Kernels

Frozen Foods

- Waffles (Whole-grain)
- Fruits (no added sugar)
- Vegetables (minus oil, sauces, added salt/sugar)
- Edamame