

# Weight Watchers

## Food Points

### Fruits & Vegetables

Apple – 0 points

Banana – 0 points

Berries  
(strawberries,  
blueberries,  
raspberries) – 0 points

Grapes – 0 points

Carrots – 0 points

Broccoli – 0 points

Spinach – 0 points

### Carbs & Grains

Slice of whole  
wheat bread – 2 points

½ cup  
brown rice – 3 points

½ cup  
quinoa – 3 points

Small baked  
potato – 4 points

Oatmeal, ½ cup  
cooked – 2 points

Pasta, 1 cup  
cooked – 4 points

### Proteins

Grilled chicken breast (3 oz) – 2 points

Turkey breast (3 oz) – 2 points

Eggs (1 large) – 2 points

Tofu (4 oz) – 2 points

Salmon (3 oz) – 4 points

Lean beef (3 oz, 90% lean) – 4 points

### Dairy & Alternatives

Skim milk (1 cup) – 2 points

Almond milk, unsweetened (1 cup) – 1 point

Greek yogurt, plain nonfat (1 cup) – 0 points

Cheese, cheddar (1 oz) – 4 points

Cottage cheese, low-fat (½ cup) – 2 points

### Snacks & Extras

Popcorn, air-popped (3 cups) – 2 points

Dark chocolate (1 square, ~1 oz) – 5 points

Nuts, almonds (12 pieces) – 3 points

Peanut butter (1 Tbsp) – 3 points

Chips (1 oz / about 15 chips) – 4 points

# Weight Watchers Smart Points Program

**R. M. Lewis**



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