

AVOCADOS

Avocados
Guacamole, made without sugar or fat

BEANS, PEAS & LENTILS

Adzuki beans
Alfalfa sprouts
Bean sprouts
Black beans
Black-eyed peas
Cannellini beans
Chickpeas
Edamame
Fava beans
Great northern beans
Green peas
Kidney beans
Lentils
Lima beans
Lupini beans
Navy beans
Peas
Pinto beans
Refried beans, fat-free, canned
Soybeans
Split peas

BROWN RICE, QUINOA & OTHER WHOLE GRAINS

Amaranth
Ancient grain mix, without seeds
Barley
Barley, quick-cooking
Brown basmati rice
Brown jasmine rice
Brown rice
Brown rice, instant
Brown rice, quick-cooking

Brown rice (100%) cereal
Brown rice-quinoa blend
Buckwheat
Bulgur
Farro
Freekeh
Kamut
Kasha
Millet
Quinoa
Red quinoa
Rye berries
Sorghum
Spelt
Spelt berries
Teff
Tricolor quinoa
Wheat berries
Whole-grain sorghum
Whole-wheat couscous
Wild rice
Wild rice-brown rice blend

POULTRY

Chicken breast, skinless
Ground chicken breast
Ground turkey, 98% fat-free
Ground turkey breast
Turkey breast, skinless

CORN & POPCORN

Corn, canned
Corn, fresh (sweet, white, or yellow)
Corn on the cob
Hominy
Popcorn, air-popped without oil, butter, or sugar
Popcorn with salt and/or spice, air-popped without oil, butter, or sugar
Popping corn (for popping at home)

EGGS

Eggs
Eggs, hard-boiled or soft-boiled
Eggs, scrambled, made without fat
Egg whites
Egg yolks
Liquid egg substitute, made

from egg whites

FISH & SHELLFISH

Abalone
Alaskan king crab
Anchovies, canned in water
Arctic char
Bluefish
Branzino
Butterfish
Carp
Catfish
Caviar
Clams
Cod
Crabmeat, lump
Crayfish
Cuttlefish
Eel
Fish roe
Flounder
Grouper
Haddock
Halibut
Herring
Lobster
Mahi-mahi
Monkfish
Mussels
Octopus
Orange roughy
Oysters
Perch
Pike
Pollock
Pompano



Salmon
Sardines, canned in water or sauce

Sashimi
Scallops
Sea bass
Sea cucumber
Sea urchin
Shrimp
Smelt
Smoked fish (haddock, salmon, sturgeon, trout, and whitefish)
Snails
Snapper
Sole
Squid
Steelhead trout
Striped bass
Sturgeon
Swordfish
Tilapia
Trout
Tuna
Tuna, canned in water
Turbot
Wahoo
Whitefish

FRUITS

Apples
Applesauce, unsweetened
Apricots, fresh
Bananas
Blackberries
Blueberries
Cantaloupes
Cherries
Clementines
Cranberries, fresh
Dragon fruit
Figs, fresh
Frozen mixed berries, unsweetened
Fruit, canned in water with or without artificial sweeteners
Fruit cocktail, unsweetened
Fruit salad, unsweetened
Grapefruit
Grapes
Guavas
Honeydew melons
Jackfruit
Kiwis

Kumquats
Lemons
Limes
Mangoes
Meyer lemons
Nectarines
Oranges
Papayas
Peaches
Pears
Persimmons
Pineapples
Plums
Pomegranates
Pomelos
Raspberries
Star fruit
Strawberries
Tangerines
Watermelons

NON-STARCHY VEGGIES

Artichoke hearts, without oil
Arugula
Asparagus
Baby corn
Bamboo shoots
Beet greens
Beets
Bell peppers
Bok choy
Broccoli
Broccoli rabe
Broccoli slaw

Chiles
Coleslaw mix
Collard greens
Cucumbers
Delicata squash
Eggplants
Endive
Escarole
Fennel
Frozen stir-fry vegetables, without sauce
Frozen vegetable mixes
Green beans
Green leaf lettuce
Hearts of palm
Iceberg lettuce
Jalapeño peppers
Jicama
Kale
Kohlrabi
Leeks
Mixed greens
Mushrooms
Mustard greens
Napa cabbage
Nori (dried seaweed)
Oak leaf lettuce
Okra
Onions
Pea shoots
Pickles, unsweetened
Pico de gallo
Pimientos, canned
Pumpkin

Shallots
Snow peas
Spaghetti squash
Spinach
Summer squash
Sugar snap peas
Swiss chard
Tomatillos
Tomato purée, canned
Tomatoes
Turnips
Water chestnuts
Wax beans
Zucchini

OATS & OATMEAL

Oatmeal, instant, plain
Oatmeal, plain
Oats
Oats, quick-cooking
Rolled oats
Rolled whole-grain wheat or wheat flakes, unsweetened
Steel-cut oats

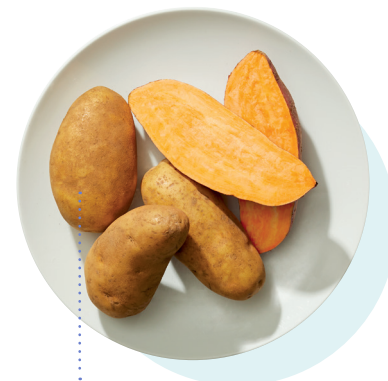
PASTA & NOODLES

Black bean pasta
Chickpea pasta
Lentil pasta
Lupin pasta
Pea pasta
Shirataki (konjac) noodles
Whole-grain (100%) pasta (all shapes and all grains, including rye, spelt, and wheat)

POTATOES & STARCHY VEGGIES

Acorn squash
Baby potatoes
Fingerling potatoes
Frozen potatoes, prepared without fat
Idaho potatoes
Japanese sweet potatoes
Jerusalem artichokes
Lotus root
New potatoes
Parsnips
Plantains
Potatoes, baked

Potatoes, mashed, plain
Potatoes, roasted without oil
Potato wedges, oven-roasted without oil
Purple potatoes
Red potatoes
Russet potatoes



Sweet potatoes
Sweet potatoes, baked
Sweet potatoes, mashed, plain
Sweet potatoes, roasted without oil
Sweet potatoes, unsweetened, canned
Sweet potato wedges, oven-roasted without oil
Taro
White potatoes
Yams
Yellow potatoes
Yucca
Yukon Gold potatoes

TOFU & TEMPEH

Smoked tofu
Tempeh
Tofu, firm
Tofu, silken
Tofu, soft

YOGURT & COTTAGE CHEESE

Almond yogurt, plain
Cottage cheese, plain nonfat
Greek yogurt, plain nonfat
Quark, plain, up to 1% fat
Soy yogurt, plain
Yogurt, plain nonfat

All these non-starchy veggies have Points®-earning potential! For every one-cup serving (roughly one handful), raw or cooked, you can earn 1 Points value to your daily Budget.

Brussels sprouts
Butter lettuce (Bibb or Boston)
Butternut squash
Cabbage
Carrots
Cauliflower
Cauliflower rice
Celery

Pumpkin purée
Radishes
Red leaf lettuce
Romaine lettuce
Rutabaga
Salsa, fat-free
Sauerkraut
Scallions