



Center for Integrative Oncology and Survivorship

“Free Foods” List on Weight Watchers

Acorn squash	Cucumber	Kohlrabi	Sauerkraut
Apples	Dates (fresh)	Leeks	Scallions
Apricots	Diet soda	Lemons	Seltzer
Artichoke hearts	Eggplant	Lettuce	Side salad without dressing or croutons (fast food)
Asparagus	Endive	Limes	Soy sauce
Bamboo shoots	Escarole	Mangoes	Snow peas
Bananas	Fennel	Mixed greens	Spaghetti squash
Bean sprouts	Figs (fresh)	Mushrooms	Squash (all types of winter and summer)
Beets	Fruit cocktail (in water)	Mustard	Steak sauce
Bell peppers	Gelatin (sugar-free)	Nectarines	Strawberries
Blackberries	Grape leaves	Okra	String beans
Blueberries	Grapefruit	Oranges	Spinach
Broccoli	Grapes	Papaya	Sugar snap peas
Broccoli rabe	Hearts of palm	Passion fruit	Tangerines
Broth	Honeydew	Pears	Tomatoes
Brussels sprouts	Horseradish	Peaches	Turnips
Butternut squash	Hot peppers	Pickles	Vinegar
Cabbage	Hot sauce	Pico de gallo	Water chestnuts
Carrots	Ice pops (fruit-flavored, reduced-calorie)	Pineapple	Watercress
Cantaloupe	Jalapeno peppers	Plums	Watermelon
Cauliflower	Jicama	Radishes	Zucchini
Celery	Ketchup	Raspberries	
Cherries	Kimchi	Rhubarb	
Clementines	Kiwi	Rutabaga	
Cranberries (fresh)		Salsa	