

## WT WATCHERS POINTS LIST%0A

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[Weight Watchers Points List - nutrineat.com](#)

Disclaimer: The team of Weight Watchers keeps updating the program, according to the requirements/feedback of their members. The program has been updated many times, the latest one being the Weight Watchers 360 program, which was unveiled on the 3rd of December, 2012.

[You can see the entire 0 Point Food List ... - Weight Watchers](#)

Hier sollte eine Beschreibung angezeigt werden, diese Seite lässt dies jedoch nicht zu.

[Weight Watchers Adds 200 Foods to 'Zero Points' List](#)  
If you're on Weight Watchers, congratulations they just gave you an excuse to eat a lot more. But only of the foods they like.

[WW \(Weight Watchers\): Weight Loss & Wellness Help](#)  
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Every item of food that you eat, has a point assigned to it.

This point assignment is based on the type of food, calories it contains and its portion size. When you join Weight Watchers weight loss program, you have to keep within a specified number of points in a day that is personalized just for you.

[Zero Point Foods - Weight Watchers Freestyle Program](#)

These zero point foods are for Weight Watchers new Freestyle program. These must be skinless and boneless in order to not count towards the points values.

[A List of Free Points on Weight Watchers |](#)

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In late 2015, Weight Watchers rolled out the SmartPoints plan, which replaced the old Points Plus plan. All fruits are 0 points on the SmartPoints plan, because, according to the company, participants should eat plenty of fruits and vegetables.

[List of Zero Points Foods | LIVESTRONG.COM](#)

List of Zero Points Foods, by JILL. The zero point list from Weight Watchers contains a number of low-cal options that might aid in hunger control and