

Food lists: everyday, ethnic and 0-POINTS

These food lists were designed for quick and easy "offline" reference. The ordering of some foods names may be slightly different on these printable versions than in the online database.

A.

Food	Portion	POINTS
Alcoholic beverages:		
• beer, light	1 can or bottle (12 fl oz)	2
• beer, regular	1 can or bottle (12 fl oz)	3
• champagne	1 small glass (4 fl oz)	2
• highball	1 (6 fl oz)	3
• liquor (brandy, gin, rum, scotch, tequila, vodka, whiskey)	1 jigger (1 1/2 fl oz)	2
• wine	1 small glass (4 fl oz)	2
Almonds	22 nuts (1 oz)	4
Apple juice or cider	1/2 cup	1
Apples		
• dried	1/4 cup (3/4 oz)	1
• fresh	1 large (8 oz) 1 small (4 oz)	2 1
Applesauce, unsweetened	1 cup	1
Apricots		
• dried	6 halves (3/4 oz)	1
• fresh	3 (4 oz)	1
Artichoke hearts	1 cup	1
Asparagus	12 spears or 1 cup	0
Avocado	1/4 (2 oz)	2

B.

Food	Portion	POINTS
Bacon, cooked, crisp	3 slices	4
Bagel, any type	1 small or 1/2 large (2 oz)	3
Bagel, with cream cheese and lox	1 large	12
Banana	1 (6 oz)	2
Barbecue sauce	1/4 cup	1
Barley, cooked	1 cup	3
Beans, cooked:		
• baked	1/2 cup	5
• baked, vegetarian, canned	1/2 cup	2
• black	1/2 cup	1
• cannellini	1/2 cup	1
• garbanzo	1/2 cup	2
• green or wax	1 cup	0
• kidney	1/2 cup	1
• lima	1/2 cup	1
• navy	1/2 cup	2
• pinto	1/2 cup	2
• pork and beans, canned	1/2 cup	2

• refried	1/2 cup	3
• refried, fat-free or regular, canned	1/2 cup	2
• soybeans	1/2 cup	3
• white	1/2 cup	2
Beef:		
• ground	1 patty (3 oz)	6
• ground, lean	1 patty (3 oz)	6
• lean	1 slice or 1/2 cup cubed or shredded (2 oz)	3
• regular	1 slice or 1/2 cup cubed or shredded (2 oz)	4
• steak	1 small (4 oz)	10
• steak, lean	1 small (4 oz)	5
Beef stew	1 cup	5
Beer:		
• light	1 can or bottle (12 fl oz)	2
• regular	1 can or bottle (12 fl oz)	3
Beets	1 cup	0
Biscotti	8 mini, 2 small, or 1 regular (1 oz)	3
Biscuits:		
• homemade	1 small (2" diameter)	3
• refrigerated	1 small (2 1/2" diameter) or 1/2 large	2
Blackberries	1 cup	1
Blintz, cheese	1	5
Blueberries	1 cup	1
Bologna, any type	1 slice (1 oz)	2
Brandy	1 jigger (1 1/2 fl oz)	2
Bratwurst	2 oz	5
Breads:		
• any type (other than those listed here)	1 slice (1 oz)	2
• corn	2" square	3
• garlic	1 slice (1 oz)	5
• high-fiber (3 g or more dietary fiber per slice)	1 slice (1 oz)	1
• pita, any type	1 small or 1/2 large (1 oz)	1
• reduced-calorie, any type	2 slices (1 1/2 oz)	1
Bread crumbs, dried	3 Tbsp	2
Broccoli	1 cup	0
Brownie	1 (2" square)	5
Brussels sprouts	1 cup	0
Buffalo wings, cooked	3	9
Bulgur, cooked	1 cup	2
Burritos:		
• bean	1 medium (8")	8
• bean	1 small (6")	5
• bean and cheese, store-bought	1	6
Butter, regular or whipped	1 tsp	1

C.

Food	Portion	POINTS
Cabbage	1 cup	0
Cakes:		
• angel food	1/16 of 10" tube	2
• pound	1 slice (5"x3"x1")	8
• with icing, homemade	1/12 of 9" layer cake or 3" square	12
• with icing, store-bought	1 slice (3 oz)	7
Candies:		
• chocolate	2 assorted pieces, 1/2 candy bar, or 2 Tbsp chips (1 oz)	4
• fudge, plain	1 piece (1"x2")	3
• hard	1 oz	2
Cantaloupe	1/4 melon (8 oz) or 1 cup	1
Cappuccino:		
• made with fat-free milk	1 grande (16 fl oz)	2
• made with low-fat milk	1 grande (16 fl oz)	3
• made with whole milk	1 grande (16 fl oz)	4
Caraway Seeds	1 tsp	0
Carrots:		
• cooked	1 cup	1
• raw	1 cup	0
Cashews	14 nuts (1 oz)	4
Cauliflower	1 cup	0
Celery	1 cup	0
Cereals, cooked:		
• cream of rice	1 cup	3
• cream of wheat	1 cup	2
• farina	1 cup	2
• grits	1 cup	3
• oatmeal	1 cup	2
Cereals, ready-to-eat:		
• any type (other than those listed here)	1 cup	2
• raisin bran	3/4 cup	2
• fortified	1 cup	2
• frosted	1 cup	3
• granola	1/2 cup	4
• granola, low-fat	1/2 cup	3
• nuggets	1/2 cup	3
• puffed	1 cup	1
• shredded wheat	1 biscuit	1
• wheat germ	3 Tbsp	1
Cereal bars:		
• fat-free	1	2
• regular	1	3
• granola bar, any type (other than those listed here)	1	3
• granola bar, chocolate-covered	1	4
• granola bar, reduced-calorie	1	2
Champagne	1 small glass (4 fl oz)	2
Cheeses:		

• cottage	2 Tbsp	1
- fat free	1 cup	3
- low-fat (1%)	1 cup	3
- reduced-fat (2%)	1 cup	4
- regular (4%)	1 cup	5
• cream	2 Tbsp	1
- fat free	4 Tbsp	1
- light	2 Tbsp	2
- regular (4%)	1 Tbsp	1
• feta	1/4 cup (1 1/3 oz)	3
• hard or semisoft, dairy or soy	2 Tbsp	1
- fat-free	1" cube, 4 Tbsp shredded, or 3 Tbsp grated (1 oz)	1
- low-fat	1" cube, 4 Tbsp shredded, or 3 Tbsp grated (1 oz)	2
- regular	1" cube, 4 Tbsp shredded, or 3 Tbsp grated (1 oz)	3
• hard or semisoft, dairy or soy, slice	2 Tbsp	1
- fat-free	1 slice (3/4 oz)	1
- low-fat	1 slice (3/4 oz)	2
• Neufchatel	1 Tbsp (1/2 oz)	1
• pot	1 cup	3
• ricotta	2 Tbsp	1
- fat-free	1 cup	4
- part-skim	1 cup	8
- whole	1 cup	11
Cheeseburger on bun, fast food	1 average	9
Cheese sandwich, grilled, restaurant-type	1	13
Cheese sauce	1/4 cup	2
Cheese twists or balls	1 1/2 cups (1 oz)	4
Cherries:		
• dried	1/4 cup (1 1/2 oz)	2
• fresh	1 cup	1
Chicken:		
• buffalo wings, cooked	3	9
• canned	1/2 cup (4 oz)	4
• dark meat, cooked	1 slice or 1/2 cup cubed or shredded (2 oz)	3
• light meat, cooked	1 slice or 1/2 cup cubed or shredded (2 oz)	2
• nugget-style, fried, fast food	6 pieces	8
• parmigiana, with sauce	5 oz with 1/2 cup sauce	10
• pieces, cooked (weights with bone unless otherwise stated)		
- breast, without skin and bone	1 (3 oz)	3
- breast, without skin	1 (4 1/2 oz)	3
- breast, with skin	1 (4 1/2 oz)	5
- drumstick, without skin	1 (1 1/2 oz)	1
- drumstick, with skin	1 (4 1/2 oz)	3

- thigh, without skin	3 oz	3
- thigh, with skin	3 oz	4
• salad	1/2 cup	6
• sandwich, grilled, fast food	1	9
Chili con carne, with or without beans	1 cup	8
Chili dog on roll	1	10
Chili sauce	1 Tbsp	0
Chinese vegetables with:		
• beef	1 cup	6
• chicken	1 cup	5
• pork	1 cup	7
• shrimp or tofu	1 cup	4
Chips:		
• corn	10 large or 30 small (1 oz)	4
• potato, baked	1 medium	2
• potato, regular	14 (1 oz)	4
• tortilla	12 (1 oz)	3
Chocolate:	1 oz	3
	1 medium candy bar, or 1 oz chips)	5
Clementine	1 large	1
Cocktail sauce	1/4 cup	1
Cocoa, hot, instant:		
• regular	6 fl oz	2
• fat-free	6 fl oz	1
• no sugar added	6 fl oz	1
Coffee, black, without sugar	1 cup	0
Coleslaw	1/2 cup	4
Cookies:		
• any type (other than those listed here)	2 small	3
• gingersnaps	2 (1/2 oz)	1
Corn:		
• kernels or cream-style	1 cup	3
• on the cob	1 small ear (5")	1
Corn bread	2" square	3
Corn chips	10 large or 30 small (1 oz)	4
Cornmeal, cooked	1/4 cup	2
Couscous (semolina), cooked	1 cup	3
Crackers, snack		
• any type (other than those listed here)	1 oz	3
• fat-free	7	1
• graham	2 (2 1/2" squares) or 2 Tbsp crumbs	1
• matzo	1 board	2
• melba toast	6 rounds or 4 slices	2
• rice cakes, plain	2 regular or 6 mini	1
• saltines	6	2
Cranberries:		
• dried	1/4 cup (1 1/2 oz)	2
• fresh	1 1/2 cups	1
Cranberry juice cocktail:		
• low-calorie	1 cup	1
• regular	1/2 cup	1

Cranberry sauce	1/4 cup	2
Cream:		
• light	2 Tbsp	2
• half and half	2 Tbsp	1
• sour, fat-free	1/4 cup	1
• sour, light	3 Tbsp	1
• sour, regular	1 Tbsp	1
• whipped cream or topping, aerosol or frozen	1/4 cup	1
• whipping, heavy or light	2 Tbsp	3
Creamer:		
• nondairy, liquid	2 Tbsp	1
• nondairy, powder	1 Tbsp	1
• fat-free, liquid, flavored	2 Tbsp	1
Croutons, packaged:		
• fat-free	1/2 cup	2
• regular	1/2 cup	3
Cucumber	1 cup	0
Currants:		
• dried	1/4 cup (1 1/2 oz)	2
• fresh	1 cup	1

D.

Food	Portion	POINTS
Dairy shake, reduced-calorie	1 packet	2
Dates:		
• dried	1/4 cup	2
• fresh	1 cup	1
Doughnut, plain or glazed	1 (3" diameter)	6
Dressing, salad:		
• creamy:		
- fat-free	2 Tbsp	1
- reduced-calorie	2 Tbsp	2
- regular	2 Tbsp	4
• Italian-type (other than creamy)		
• Italian):		
- fat-free	2 Tbsp	0
- reduced-calorie	2 Tbsp	1
- regular	2 Tbsp	4
• mayonnaise or mayonnaise-type:		
- fat-free	4 Tbsp	1
- reduced-calorie	2 tsp	1
- regular	1 tsp	1
• oil, vegetable	1 tsp	1
• vinegar	1 tsp	0
Duck, without skin, cooked	1/4 duck (3 1/2 oz)	5

E.

Food	Portion	POINTS
Eggplant	1 cup	0
Eggplant parmigiana, with sauce	1 serving (3" x 4")	13
Egg rolls:		
• beef or pork	1 (4 1/2" long)	5

• chicken or shrimp	1 (4 1/2" long)	4
Eggs:		
• omelet, cheese	2-egg, 1	8
• omelet, ham and cheese	2-egg, 1	9
• scrambled	2 or 1/2 cup	5
• substitute, fat-free	1/4 cup	1
• white	1	0
• whites	3	1
• whole	1	2
Enchiladas:		
• beef or pork	2	11
• cheese	2	10
• chicken	2	9
Endive	1 cup	0
English muffins:		
• regular, any type	1	2
• light	1	1
Escarole	1 cup	0

F.

Food	Portion	POINTS
Fajitas:		
• beef	2	12
• chicken	2	8
• pork	2	13
Falafel in pita	1 large pita with 4 falafel patties	10
Falafel patties	4 (each 2" diameter)	7
Fish and shellfish:		
• fish, canned, drained:		
- anchovies	6 (3/4 oz)	1
- salmon	1/2 cup (4 oz)	4
- sardines	5 (2 oz)	3
- tuna, canned in oil, drained	1/2 cup (4 oz)	5
- tuna, canned in water	1/2 cup (4 oz)	3
• fish, fresh, cooked without added fat:		
- catfish	1 fillet (6 oz)	6
- cod	1 fillet (6 oz)	4
- halibut	1 fillet or steak (6 oz)	5
- herring	1 oz	1
- salmon	1 fillet or steak (6 oz)	7
- snapper	1 fillet (6 oz)	4
- sole	1 fillet (6 oz)	4
- swordfish	1 fillet or steak (6 oz)	4
- trout, rainbow	1 fillet (6 oz)	6
- tuna	1 fillet or steak (6 oz)	6
• fish, fried	1 fillet (6 oz)	12
• shellfish, canned, any type (meat only), drained	1/2 cup	2
• shellfish, fresh (meat only), cooked without fat:		
- clams	1/2 cup (2 oz)	2
- crab	1/2 cup (2 oz)	1
- crayfish	1/2 cup (2 oz)	1

- lobster	1/2 cup (2 oz)	1
- oysters	1/2 cup (2 oz)	2
- scallops	1/2 cup (2 oz)	1
- shrimp	1/2 cup (2 oz)	1
• sticks, breaded, frozen	4	4
• tuna salad	1/2 cup	7
Fish and cheese sandwich, fried, fast food	1	13
Flour, any type	1 cup	9
Frankfurter:		
• beef or pork, fat-free	1 (1 3/4 oz)	1
• beef or pork, light	1 (1 3/4 oz)	2
• beef or pork, regular	1 (2 oz)	5
• turkey	1 (2 oz)	3
• roll or bun	1 (2 oz)	3
French fries, homemade	20 (each about 4 1/2" long)	10
French toast	2 slices	7
Fruit, dried, mixed	1/4 cup (1 1/2 oz)	2
Fruit butter	1 Tbsp	1
Fruit salad	1 cup	2
Fruit, spreadable	1 1/2 Tbsp	1
Fudge, plain	1 piece (1"x2")	3

G.

Food	Portion	POINTS
Garlic bread	1 slice (1 oz)	5
Gin	1 jigger (1 1/2 fl oz)	2
Gingersnap cookies	2 (1/2 oz)	1
Graham crackers	2 (2 1/2" squares) or 2 Tbsp crumbs	1
Grapefruit:		
• juice	1/2 cup	1
• sections	1 cup	2
• whole	1 large (16 oz) 1 small (8 oz)	2 1
Grape juice	1/2 cup	2
Grapes	1 cup	1
Gravy:		
• brown	1/4 cup	2
• cream	1/4 cup	4
Greens (beet, chard, collard, dandelion, kale, mustard, turnip)	1 cup	0
Guacamole	1/4 cup	2
Gum, chewing	1 piece	0

H.

Food	Portion	POINTS
Half and half	2 Tbsp	1
Ham, cooked	1 slice or 1/2 cup cubed or shredded (2 oz)	3

Hamburger:		
• meat (see Beef, ground)		
• on bun, fast food	1 small	6
• roll or bun	1 (2 oz)	3
Hearts of palm (palmetto)	1 cup	0
Highball	1 (6 fl oz)	3
Honey	1 Tbsp	1
Honeydew melon	1/8 melon (6 oz) or 1 cup	1
Hot dog:		
• chili dog on roll	1	10
• beef or pork, fat-free	1 (1 3/4 oz)	1
• beef or pork, light	1 (1 3/4 oz)	2
• beef or pork, regular	1 (2 oz)	5
• turkey	1 (2 oz)	3
• roll or bun	1 (2 oz)	3
Hummus	1/4 cup	3

I.

Food	Portion	POINTS
Ice cream:		
• fat-free, no sugar added	1 scoop or 1/2 cup	2
• fat-free, sweetened with sugar	1 scoop or 1/2 cup	2
• light	1 scoop or 1/2 cup	3
• premium	1 scoop or 1/2 cup	7
• regular	1 scoop or 1/2 cup	4
Ice cream cone, plain or sugar	1 small	1
Ice cream sandwich	1	4
Ice cream sundae	1/2 cup ice cream with syrup, nuts, and whipped topping	8

J.

Food	Portion	POINTS
Jam	1 Tbsp	1
Jelly	1 Tbsp	1
Jerusalem artichokes (sunchoke)	1 cup	2
Jicama	1 cup	1

K.

Food	Portion	POINTS
Kasha (buckwheat groats), cooked	1 cup	3
Ketchup	1/4 cup	1
Kiwi fruit	1 (4 oz)	1
Knish, potato	1 (3 1/2" square)	6
Knockwurst	2 oz	5

L.

Food	Portion	POINTS
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Lamb, cooked:		
• lean	1 slice, 1 chop, or 1/2 cup cubed or shredded (2 oz)	3
• regular	1 slice, 1 chop, or 1/2 cup cubed or shredded (2 oz)	4
Lasagna, with meat	1 serving (4" x 2 1/2") or 1 cup	6
Latte:		
• made with fat-free milk	1 tall (12 fl oz)	2
• made with low-fat milk	1 tall (12 fl oz)	4
• made with whole milk	1 tall (12 fl oz)	5
Leeks	1 cup	0
Lentils, cooked	1/2 cup	2
Lettuce	1 cup	0
Liquor (brandy, gin, rum, scotch, tequila, vodka, whiskey)	1 jigger, (1 1/2 fl oz)	2
Liver, cooked:		
• beef	1 slice or 1/2 cup (2 oz)	2
• chicken	1/2 cup (2 oz)	2
Lo mein, any type	1 cup	8
Luncheon meat:		
• lean (3 g fat or less per oz)	1 slice (1 oz)	1
• regular (4 g fat or more per oz)	1 slice (1 oz)	2

M.

Food	Portion	POINTS
Macaroni	1 cup cooked or 1 1/2 oz uncooked	4
Macaroni and cheese, package mix	1 cup prepared	9
Mandarin orange	1 (6 oz)	1
Mango	1 (8 oz)	2
Margarine:		
• fat-free	4 Tbsp	1
• reduced-calorie	2 tsp	2
• regular	1 tsp	1
Marinara sauce	1/2 cup	3
Matzo	1 board	2
Mayonnaise:		
• fat-free	4 Tbsp	1
• reduced-calorie	2 tsp	1
• regular	1 tsp	1
Meal replacement/supplement products:		
• bar for weight loss	1 (1 oz)	3
• drink	1 cup	5
• drink for weight-loss (prepared from powder using fat-free milk, or canned)	1 cup	3
Meatballs:		
• without sauce	2 (1 1/4" diameter)	10

• with tomato sauce	2 (1 1/4" diameter) with 1/2 cup sauce	13
Meat loaf:	1 slice (5/8" thick)	6
Melba toast:	6 rounds or 4 slices	1
Melon, honeydew	1/8 melon (6 oz) or 1 cup	1
Milk:		
• buttermilk, fat-free, low-fat (1%), or reduced-fat (2%)	1 cup	2
• evaporated, fat-free or low-fat	1/2 cup	2
• evaporated, whole	1/2 cup	4
• fat-free	1 cup	2
• instant nonfat dry powder	1/3 cup	2
• low-fat or light (1/2% or 1%)	1 cup	2
• reduced-fat (2%)	1 cup	3
• soy milk:		
- fat-free	1 cup (8 fl oz)	2
- regular	1 cup (8 fl oz)	3
• sweetened condensed	1/2 cup	11
• whole	1 cup	4
Muffins:		
• any type (other than those listed here)	1 large (3" diameter)	6
• English, light	1	1
• English, regular	1	2
Mushrooms:		
• fresh	1 cup	0
• marinated	1/2 cup	3

N.

Food	Portion	POINTS
Nachos, cheese	4	8
Nectar, any type	1/2 cup	1
Nectarine	1 (4 oz)	1
Noodles, cooked:		
• cellophane	1 cup	4
• egg	1 cup	4

O.

Food	Portion	POINTS
Oil, vegetable	1 tps	1
Okra	1 cup	0
Olives	10 small or 6 large (1 oz)	1
Omelets:		
• cheese	2-egg, 1	8
• ham and cheese	2-egg, 1	9
Onion rings, fast food	1 medium serving	10
Onions	1 cup	0
Orange:		
• juice	1/2 cup	1
• orange-grapefruit juice	1/2 cup	1

• sections	1 cup	1
• whole	1 (5 oz)	1

P.

Food	Portion	POINTS
Pancake, homemade	1 (4" diameter)	3
Papaya	1/2 (8 oz) or 1 cup	1
Parsnips	1 cup cooked	2
Pasta	1 cup cooked or 1 1/2 oz uncooked	4
Pasta sauce, bottled, any type	1/2 cup	2
Pastrami:		
• beef	1 slice (1 oz)	3
• turkey	1 slice (1 oz)	1
Peaches:		
• canned, unsweetened	1 cup	2
• fresh	1 (6 oz)	1
Peanut butter	1 Tbsp	2
Peanuts	40 nuts (1 oz)	4
Pears:		
• canned, unsweetened	1 cup	2
• fresh	1 (6 oz)	1
Peas, cooked:		
• black-eyed (cowpeas)	1/2 cup	1
• chick	1/2 cup	2
• green	1 cup	2
• snow (Chinese pea pods)	1 cup	1
• split	1/2 cup	2
• sugar snap	1 cup	0
Pecans	14 halves (1 oz)	5
Peppers	1 cup	0
Persimmon	1 (6 oz)	2
Pickles:		
• sweet	2 large	1
• unsweetened	1 cup or 1 medium	0
Pie crust, any type, refrigerated or frozen	1/8 of 9" pie crust	2
Pies:		
• fruit, one-crust	1/8 of 9" pie	6
• fruit, two-crust	1/8 of 9" pie	9
• meringue	1/8 of 9" pie	10
Pierogies:		
• cabbage, cheese, or potato	3 (each 3 1/2")	7
• meat	3 (each 3 1/2")	8
Pineapple:		
• chunks, canned, unsweetened	1 cup	2
• fresh	1/4 (12 oz) or 1 cup	1
Pineapple juice	1/2 cup	1
Pita, any type	1 small or 1/2 large (1 oz)	1
Pizza, cheese, restaurant-type, thin crust	1 slice (1/8 of 12", 1/10 of 14", or 1/12 of 16")	4
Pizza, one-meat topping, restaurant-	1 slice (1/8 of 12",	5

type, thin crust	1/10 of 14", or 1/12 of 16")	
Pizza crust dough, refrigerated, frozen, or ready-made	1 oz	2
Plantain	1 cup	3
Plums	2 (4 oz)	1
Popcorn:		
• air-popped	3 cups	1
• microwave-popped, light	3 cups	1
• microwave-popped, reduced-fat (94% fat-free)	5 cups	1
• microwave-popped, regular	3 cups	3
• movie popcorn, without butter	3 cups	3
• oil-popped	3 cups	3
Poppy seeds	1 tsp	0
Pork:		
• lean	1 slice, or 1/2 cup cubed or shredded (2 oz)	3
• regular	1 slice, or 1/2 cup cubed or shredded (2 oz)	5
Pork and beans, canned	1/2 cup	2
Potatoes:		
• French fries, homemade	20 (each about 4 1/2" long)	10
• mashed	1/2 cup	2
• salad	1/2 cup	7
• sweet	1 large (8 oz cooked) or 1 cup	5
• white or red	1 large (8 oz cooked) or 1 cup	4
• white or red	1 small (2" diameter or 3 oz cooked)	1
Potato chips:		
• baked	1 oz	2
• regular	14 (1 oz)	4
Preserves	1 Tbsp	1
Pretzels:		
• hard or Bavarian	1 (3/4 oz)	2
• rods	2 (3/4 oz)	2
• soft	1 (2 1/2 oz)	3
• sticks	45 (3/4 oz)	2
• twists, regular	7 (3/4 oz)	2
• twists, small	15 (3/4 oz)	2
Prune juice	1/2 cup	2
Prunes	2 (3/4 oz)	1
Pudding, reduced-calorie (made with fat-free or low-fat [1%] milk)	1 cup	3
Pumpkin	1 cup	0
Pumpkin seeds	1 Tbsp	2

Q.

Food	Portion	POINTS
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Quesadilla, cheese	1 (1/2 of 6" diameter)	5
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R.

Food	Portion	POINTS
Radishes	1 cup	0
Raisins	1/4 cup (1 1/2 oz)	2
Raspberries	1 1/2 cup	1
Ravioli, with tomato sauce		
• cheese	8 pieces with 1/2 cup sauce	16
• meat	8 pieces with 1/2 cup sauce	14
Ribs (see Spareribs)		
Rice, cooked:		
• brown	1 cup	4
• fried, with beef, chicken, pork, shrimp, or plain	1 cup	8
• Spanish	1 cup	5
• white	1 cup	4
Rice cakes, plain	2 regular or 6 mini	1
Rice drinks:		
• any type (other than those listed here)	1 cup (8 fl oz)	3
• chocolate	1 cup (8 fl oz)	4
• fat-free	1 cup (8 fl oz)	2
Rolls:		
• dinner	1 (2 oz)	3
• hamburger	1 (2 oz)	3
• frankfurter	1 (2 oz)	3
• hard	1 (2 oz)	3
• hot dog	1 (2 oz)	3
• high-fiber (3 g or more dietary fiber per roll)	1 (2 oz)	1
Rum	1 jigger (1 1/2 fl oz)	2

S.

Food	Portion	POINTS
Salad dressings (see Dressings)		
Salads:		
• Caesar	3 cup	7
• chef's, no dressing	4 cups	6
• chicken	1/2 cup	6
• coleslaw	1/2 cup	4
• fruit	1 cup	2
• mixed greens	1 cup	0
• potato	1/2 cup	7
• side, without dressing, fast food	1 serving	0
• spinach, with dressing	2 cups	7
• three-bean, canned	1/2 cup (4 1/2 oz)	1
• tuna	1/2 cup	7
Salami, any type	1 slice (1 oz)	3

Salsa	1/2 cup	0
Saltines	6	2
Sandwiches:		
• bagel, with cream cheese and lox	1 large	12
• cheese, grilled, restaurant-style	1	13
• cheeseburger on bun, fast food	1 small	8
• chicken, grilled, fast food	1	9
• falafel in pita	1 large pita with 4 falafel patties	13
• fish and cheese, fried, fast food	1	13
• hamburger on bun, fast food	1 small	6
Sauerkraut	1 cup	0
Sausage, beef or pork, cooked	1 link or patty or 1 oz	3
Scallions	1 cup	0
Scotch	1 jigger (1 1/2 fl oz)	2
Seitan	2 slices (2 oz) or 2 Tbsp prepared mix	1
Sesame seeds	1 tsp	0
Shellfish:		
• canned, any type (meat only), drained	1/2 cup	2
• fresh (meat only), cooked without fat:		
- clams	1/2 cup (2 oz)	2
- crab	1/2 cup (2 oz)	1
- crayfish	1/2 cup (2 oz)	1
- lobster	1/2 cup (2 oz)	1
- scallops	1/2 cup (2 oz)	1
- shrimp	1/2 cup (2 oz)	1
Soft drinks:		
• club soda	1 can or bottle (12 fl oz)	0
• diet, any flavor	1 can or bottle (12 fl oz)	0
• seltzer, unsweetened	1 can or bottle (12 fl oz)	0
• sweetened with sugar, any flavor	1 can or bottle (12 fl oz)	3
Sorbet, any flavor	1 scoop or 1/2 cup	2
Soups:		
• bouillon, any type	1 cup	0
• broth, any type	1 cup	0
• chicken noodle	1 cup	3
• egg drop	1 cup	1
• hot and sour	1 cup	2
• lentil	1 cup	3
• mushroom, cream of, canned (made with fat-free milk)	1 cup	2
• onion soup mix	1 cup prepared or 1/4 envelope	1
• tomato, canned (made with water)	1 cup	1

• vegetable	1 cup	2
Sour cream:		
• fat-free	1/4 cup	1
• light	3 Tbsp	1
• regular	1 Tbsp	1
Soy products:		
• seitan	2 slices (2 oz) or 2 Tbsp prepared mix	1
• soybean nuts	1/4 cup (1 oz)	3
• soybeans, cooked	1/2 cup	3
• soy milk:	1/2 cup	2
- fat-free	1 cup (8 fl oz)	2
- regular	1 cup (8 fl oz)	3
• soy yogurt:		
- flavored	3/4 cup (6 oz)	3
- plain	3/4 cup (6 oz)	3
• tempeh (fermented soybean cake)	1/4 cup (1 oz)	2
• textured vegetable protein	1/3 cup (3/4 oz dry)	1
• tofu:		
- frozen	1/2 cup	5
- low-fat	1/3 cup, 1/5 block, or 3 oz	1
- regular, firm	1/3 cup, 1/5 block, or 3 oz	2
- regular, soft	1/3 cup, 1/5 block, or 3 oz	1
Soy sauce	1 Tbsp	0
Spaghetti	1 cup cooked or 1 1/2 oz uncooked	4
Spaghetti sauce, bottled, any type	1/2 cup	2
Spaghetti with marinara sauce	1 cup spaghetti with 1/2 cup sauce	6
Spaghetti with tomato sauce and meatballs	1 cup spaghetti, 1/2 cup sauce, and 2 meatballs	16
Spareribs:		
• barbecued	4 (each 4" long)	8
• Chinese, barbecued	2 (each 4" long)	4
Spinach	1 cup	0
Spinach salad, with dressing	2 cups	7
Spreadable fruit	1 1/2 Tbsp	1
Sprouts:		
• alfalfa	1 cup	0
• bean	1 cup	0
Squash:		
• spaghetti	1 cup	0
• summer	1 cup	0
• winter	1 cup	1
• zucchini	1 cup	0
Steak sauce	1 Tbsp	0
Stir-fry with garlic or black bean sauce:		
• beef or pork	1 cup	8
• chicken or shrimp	1 cup	7
Strawberries	1 1/2 cups	1

Stuffing mix, bread,	1/2 cup prepared	4
Sugar, any type	1 cup	15
Sunflower seeds	1 Tbsp	1
Sushi, maki, nigiri, or nori maki	4 pieces	2
Sweet and sour:		
• beef or pork	1 cup	12
• chicken or shrimp	1 cup	10
Sweet and sour sauce	2 Tbsp	1
Syrup:		
• low-calorie	2 Tbsp	1
• regular (maple, pancake, or chocolate)	1 Tbsp	1

T.

Food	Portion	POINTS
Tabouli	1/2 cup	4
Tacos:		
• beef, fast food	1	5
• sauce	1 Tbsp	0
• shells, store-bought	2	2
Tahini	2 Tbsp	2
Tangerine	1 large or 2 small (6 oz)	1
Tartar sauce	1 Tbsp	2
Tea, black, without sugar	1 cup	0
Tempeh (fermented soybean cake)	1/4 cup (1 oz)	2
Tempura:		
• shrimp	4 jumbo shrimp	12
• vegetable	1 cup	8
Tequila	1 jigger (1 1/2 fl oz)	2
Teriyaki:		
• beef	2 slices (4 oz)	7
• chicken	2 slices (4 oz)	6
• fish	4 oz	5
• sauce	1 Tbsp	0
Textured vegetable protein	1/3 cup (3/4 oz dry)	1
Tofu:		
• frozen	1/2 cup	5
• low-fat	1/3 cup, 1/5 block, or 3 oz	1
• regular, firm	1/3 cup, 1/5 block, or 3 oz	2
• regular, soft	1/3 cup, 1/5 block, or 3 oz	1
Tomatoes:		
• dried (not packed in oil)	1/4 cup	0
• fresh or canned	1 cup	0
• paste	2 Tbsp	0
• puree or sauce	1/2 cup	0
Tomato or mixed vegetable juice	1 cup	1

Tomato sauce, Italian	1/2 cup	3
Tortillas:		
• corn	2 (4" diameter), 1 (6" diameter), 1/2 (10" diameter), or 1 oz	1
• flour	2 (4" diameter), 1 (6" diameter), 1/2 (10" diameter), or 1 oz	2
Tortilla chips	12 (1 oz)	3
Tortoni	1 serving	7
Tostadas:		
• beef	1	10
• chicken	1	8
• shells, store-bought	2	2
Tuna		
• canned in oil, drained	1/2 cup (4 oz)	5
• canned in water, drained	1/2 cup (4 oz)	3
• fresh, cooked	1 fillet or steak (6 oz)	5
• salad	1/2 cup	7
Turkey, cooked:		1
• dark meat	1 slice or 1/2 cup cubed or shredded (2 oz)	3
• ground	1 patty (3 oz)	5
• ground	1/2 cup (2 oz)	3
• ground, lean	1 patty (3 oz)	4
• ground, lean	1/2 cup (2 oz)	3
• light meat	1 slice or 1/2 cup cubed or shredded (2 oz)	2
Turnips	1 cup	0

V.

Food	Portion	POINTS
Veal, cooked:		
• lean	1 slice, 1 chop, or 1/2 cup cubed or shredded (2 oz)	3
• parmigiana, with sauce	5 oz with 1/2 cup sauce	12
• regular	1 slice, 1 chop, or 1/2 cup cubed or shredded (2 oz)	4
Vegetable juice, mixed	1 cup	0
Vegetarian meat substitutes:		
• breakfast links (sausage-type)	2 (1 1/2 oz)	2
• breakfast patty (sausage-type)	1 (1 oz)	1
• breakfast strips	4 (1 oz)	3
• burger	1 (2 3/4 oz)	2
• burger, fat-free	1 (2 3/4 oz)	1
• seitan	2 slices (2 oz) or 2 Tbsp prepared mix	1

• tempeh (fermented soybean cake)	1/4 cup (1 oz)	2
• textured vegetable protein,	1/3 cup (3/4 oz dry)	1
Vodka	1 jigger (1 1/2 fl oz)	2

W.

Food	Portion	POINTS
Waffles, any type, low-fat, frozen	2 (4" round or square)	3
Walnuts	14 halves (1 oz)	5
Watercress	1 cup	0
Watermelon	2" slice or 1 cup	1
Water or mineral water	1 cup	0
Wheat germ	3 Tbsp	3
Whiskey	1 jigger (1 1/2 fl oz)	2
Wine	1 small glass (4 fl oz)	2

Y.

Food	Portion	POINTS
Yam	1 large (10 oz uncooked)	6
Yogurt:		
• fat-free, sweetened with sugar:		
- flavored (vanilla, lemon, coffee)	1 cup	3
- fruit-flavored	1 cup	4
- plain	1 cup	2
• light (artificially sweetened)	1 cup	2
• low-fat, sweetened with sugar:		
- flavored (vanilla, lemon, coffee)	1 cup	4
- fruit-flavored	1 cup	5
- plain	1 cup	4
• soy yogurt:		
- flavored	3/4 cup (6 oz)	3
- plain	3/4 cup (6 oz)	3
Yogurt, frozen:		
• fat-free, no sugar added	1 scoop or 1/2 cup	2
• fat-free, sweetened with sugar	1 scoop or 1/2 cup	2
• low-fat	1 scoop or 1/2 cup	3
Yogurt drink	1 cup	5

Z.

Food	Portion	POINTS
Ziti, baked (without meat)	1 cup	6
Zucchini	1 cup	0

0-POINTS Food List

0-POINTS Per Cup

asparagus
beans (green or wax)
beets
broccoli
brussels sprouts
cabbage
carrots (raw)
cauliflower
celery
cucumber
eggplant
endive
escarole
fast food side salad (without dressing)
greens
hearts of palm
leeks
lettuce
mixed green salad (without dressing)
mixed vegetable juice
mushrooms (fresh)
okra
peppers (all varieties)
pickles (unsweetened)
pumpkin
radishes
salsa
sauerkraut
scallions
snow peas
spinach
sprouts
squash (spaghetti, summer, and zucchini)
sugar snap peas
tomatoes
turnips
watercress

0-POINTS Condiments

Use the following items to add flavor to foods:

capers
extracts
flavorings
gelatin (unflavored)
herbs
horseradish
hot sauce (pepper sauce)
lemon juice
lime juice (no sugar added)
mustard
nonstick cooking or baking spray
relish

spices
sugar substitutes
vinegar
Worcestershire sauce

<http://www.net-success.net/fitness/health-and-fitness-domain.html>