



Weight watchers foods and their points.

Web-Hobbies™

This Weight Watchers smart points food list is brought to you with love to check your daily food points / SmartPoints.

It contains, WW new points and old points calcul.

- 1 cup = ~250 milliliters,
- 1 teaspoon = ~5 milliliters
- The points below are an estimate based on the average.
- The actual points can be very different depending on the type, the way of being prepared / cooked, etc.

>> Check this [Free Weight Watchers Points Calculator Allowance](#) (points for daily allowance based on your weight...)

>> Also check this [Free Smart Points Weight Watchers Calculator](#) (points based on food metrics)

Table of Contents:

- Weight Watchers Food Points List:
- [List] Most 99 Most WW foods and their smartpoints:



Weight watchers food points list:

Name	Amount	Old Points (before Nov. 2010)	Old Point (Nov. 2010 to Dec. 2015)	Latest Points (After 2018)
Fruits				
Apple	1 small (4 oz.)	1	0	0
Banana	1 medium (6 oz.)	2	0	0
Mango	1 (8 oz.)	2	0	0
Orange	1 (4 oz.)	1	0	0
Pear	1 (5 oz.)	1	0	0
Peach	1 (6 oz.)	1	0	0
Watermelon	1 cup	1	0	0
Proteins				
Beef, regular, cooked	1 slice (2 oz.)	4	4	4
Chicken, cooked	1 slice (2 oz.)	2	3	0

Egg	1 (2 oz.)	2	2	0
Fish, Catfish, cooked	1 fillet (6 oz.)	6	7	0
Pork, cooked	1 slice (2 oz.)	5	6	3
Shrimp, cooked	1/2 cup (2 oz.)	1	1	0
Common Meals/Snacks				
Bread, regular	1 slice (1 oz.)	2	2	2
Butter	1 tea spoon	1	3	5
Caesar salad	3 cups	7	9	10
Hamburger	1 (McDonald Medium)	6	9	8
Cheeseburger	1 (McDonald Medium)	8	12	10
Chocolate	1 oz.	3	4	8
Cucumber	1 cup	0	0	0
Lettuce	1 cup	0	0	0
Tomato	1 cup	0	0	0
Pizza	1 slice (5 oz.)	6 - 10	8-14	10-16
Potato (uncooked)	1 cup (8 oz.)	3	4	5
Rice, cooked	1 cup	4	5	6
Sandwich	1	8 - 16	10-20	10-23

Beverages/Dairy				
Apple Cider / Juice	1 cup	2	3	5
Orange Juice	1 cup	3	4	6
Beer, regular	1 can or bottle	3	5	5
Coca-Cola Classic	1 cup	3	3	6
Diet Coke	1 cup	0	0	0
Sprite	1 cup	3	3	6
Milk, low-fat (1%)	1 cup	2	3	4
Milk, low-fat (2%)	1 cup	3	4	5
Milk, whole	1 cup	4	5	7
Yogurt	1 cup	4	6	0

* 1 cup = ~250 milliliters, 1 tea spoon = ~5 milliliters

* The points above are estimation based on average. The actual points can be very different depending on the type, the way of being prepared / cooked, etc.

*Source



[List]

Most 99 Most WW foods and their smartpoints:

- **Almond milk:** (plain, unsweetened, 1 cup) 1 SmartPoint
- **Almonds,** (1/4 cup, raw or roasted) 4 SmartPoints
- **Apple:** 0 SmartPoints
- **Asparagus:** (makes your pee smell!) 0 SmartPoints
- **Avocado:** (Hass, 1/4) 2 SmartPoints
- **Bacon:** (cooked, 3 slices) 5 SmartPoints
- **Bagel:** (any kind, 1 small or 1/2 large, 2 oz.) 5 SmartPoints
- **Banana:** (Fruit is free!) 0 SmartPoints
- **Beef, ground:** (90% lean, cooked, 3 oz.) 4 SmartPoints
- **Beer:** (regular / lager, 12 ounces) 5 SmartPoints
- **Black beans:** (canned, 1/2 cup) 3 SmartPoints
- **Blackberries:** 0 SmartPoints
- **Blueberries:** 0 Smart Points
- **Bread,** 1 slice: 2 SmartPoints

- **Broccoli:** 0 SmartPoints
- **Burger:** (4 oz. beef patty, no cheese or bun, more) 8 Smart Points
- **Butter:** (1 tbsp) 5 SmartPoints
- **Caesar salad:** (3 cups) 10 SmartPoints
- **Cantaloupe:** 0 SmartPoints
- **Carrots:** (baby, youth, or adult) 0 SmartPoints
- **Celery:** 0 SmartPoints
- **Cheese, American,** 1 slice or 1 ounce: 4 SmartPoints
- **Cheese, Cheddar or Colby:** (shredded, 1/4 cup) 4 Smart Points
- **Cheeseburger:** (beef, 3 oz. w/ bun) 12 SmartPoints
- **Cherries:** 0 SmartPoints
- **Chicken breast:** (cooked, boneless, skinless, 3 oz.) 2 SmartPoints
- **Coffee:** (black, no sugar, 1 cup) 0 SmartPoints
- **Cookies:** (chocolate, chip, oatmeal, sugar) 3 Smart Points
- **Corn on the cob:** (1 medium) 4 SmartPoints
- **Cottage cheese:** (fat-free, 1 cup) 2 SmartPoints
- **Cream or half & half:** (2 tbsp) 2 Smart Points
- **Cucumber:** 0 SmartPoints
- **Deli meat, ham, honey, lean, sliced, 2 oz.:** 2 SmartPoints
- **Diet Coke,** 12 oz. (0 SP)
- **Egg white:** 0 SmartPoints
- **Egg, fried:** 3 SmartPoints
- **Egg, hardboiled:** 2 SmartPoints
- **Eggs, scrambled:** (w/ milk and butter, 2 or 1/2 cup) 6 SmartPoints
- **English muffin:** 4 SmartPoints
- **Feta cheese:** (crumbled, 1 oz) 3 Smart Points

- **Fish, tilapia:** (fresh, baked, 3 oz.) 1 SmartPoint
- **French fries:** (20 fries or 6 oz., Yikes!) 13 SmartPoints
- **Fruit:** (fresh, unsweetened) 0 SmartPoints
- **Grapes:** 0 Smart Points
- **Green beans:** 0 SmartPoints
- **Guacamole:** (2 Tbsp) 1 SmartPoint
- **Hamburger bun:** (plain, 1-2 oz.) 5 SmartPoints
- **Honey:** (1 tbsp) 4 SmartPoints
- **Hummus:** (2 Tbsp) 2 SmartPoints
- **Lettuce:** (Romaine, iceberg) 0 SmartPoints
- **Mayonnaise:** (1 Tbsp) 3 Smart Points
- **Milk, skim:** (non-fat, 1 cup) 3 SmartPoints
- **Milk, 1%:** (low fat 1 cup) 4 Smart Points
- **Milk, 2%:** (reduced fat 1 cup) 5 SmartPoints
- **Milk, whole:** (1 cup) 7 SmartPoints
- **Mushrooms:** 0 SmartPoints
- **Mustard:** (1 Tbsp) 0 SmartPoints
- **Oatmeal:** (cooked, 1 cup) 5 SmartPoints
- **Olive oil:** (1 Tbsp) 4 SmartPoints
- **Onions:** 0 SmartPoints
- **Orange Juice:** 6 SmartPoints
- **Orange:** 0 SmartPoints
- **Pasta:** (regular or whole wheat, cooked, 1 cup) 5 SmartPoints
- **Peach:** 0 SmartPoints
- **Peanut butter:** (2 tbsp) 6 SmartPoints
- **Pear:** 0 SmartPoints
- **Pineapple:** 0 SmartPoints
- **Pizza:** (slice) That depends... 7-12 SmartPoints
- **Pork chop:** (3 oz. cooked, lean, boneless) 3 SmartPoints
- **Potato, baked:** (plain, 1, 6 ounces) 5 Smart Points

- **Potatoes, mashed:** (1/2 cup) 4 SmartPoints
- **Raspberries:** 0 SmartPoints
- **Red peppers:** 0 SmartPoints
- **Rice, brown:** (cooked, 1 cup) 6 SmartPoints
- **Rice, white:** (cooked, 1 cup) 6 SmartPoints
- **Salad dressing, balsamic:** (vinaigrette, low-fat, 1 tbsp)
1 SmartPoint
- **Salad dressing, Italian:** (not creamy 2 tbsp) 3
SmartPoints
- **Salad dressing, Ranch:** (2 Tbsp) 5 SmartPoints
- **Salad:** (mixed greens) 0 Smart Points
- **Salmon:** (wild-caught) 0 points
- **Salsa:** (fat-free) 0 SmartPoints
- **Shrimp:** (cooked, 3 oz.) 1 Smart Point
- **Soda:** (12 oz., Sprite, similar) 7 Smart Points
- **Spinach:** 0 SmartPoints
- **Strawberries:** 0 Smart Points
- **Splenda:** (1-3 packets) 0 WW points
- **Sugar:** (white, granulated, 1 tsp) 1 Smart Point
- **Sweet Potatoes:** (cooked, 1/2 cup) 3 SmartPoints
- **Tomatoes:** (Regular, grape, cherry) 0 SmartPoints
- **Tortilla chips:** (1 ounce) 4 Smart Points
- **Tortilla, flour:** (1 medium or 1 oz.) 3 SmartPoints
- **Tuna** (canned in water, drained, 3 oz.) 1 SmartPoints
- **Tuna** (grilled, 3 oz.) 1 Smart Point
- **Turkey bacon:** (cooked, 3 slices) 3 SmartPoints
- **Turkey burger:** (3 oz. 93% lean, w/ bun) 9 Smart Points
- **Turkey, deli:** (sliced, low fat, 2 ounces) 1 SmartPoint
- **Watermelon:** 0 SmartPoints
- **Veggie Burger:** (3 oz. no bun or cheese) 1-5
SmartPoints
- **Wine, Red:** (5 oz) 4 SmartPoints

- **Wine, white:** (5 ounces) 4 Smart Points
- **Yogurt:** (plain, low-fat, 1 cup) 3 SmartPoints
- **Yogurt, Greek:** (plain, fat-free, 1 cup) 0 SmartPoints
- **Zucchini:** 0 SmartPoints

*Source

Typical point allotment based on body weight

Weight (lb)	Weight (kg)	Old Points per Day (before Nov 2010)	Points per Day (Nov 2010 - Dec. 2015)
<150 lbs	<68 kgs	18 to 23 points	Use the "Daily Target Calculator" above
150 to 174 lbs	68 to 79 kgs	20 to 25 points	
175 to 199 lbs	80 to 90 kgs	22 to 27 points	
200 to 224 lbs	91 to 101 kgs	24 to 29 points	
225 to 249 lbs	102 to 113 kgs	26 to 31 points	
250 to 274 lbs	114 to 124 kgs	28 to 33 points	
275 to 299 lbs	125 to 135 kgs	29 to 34 points	
300 to 324 lbs	136 to 147 kgs	30 to 35 points	
325 to 349 lbs	148 to 158 kgs	31 to 36 points	
> 350 lbs	> 159 kgs	32 to 37 points	

Thank You.

*You can give us support by buying us a
coffee: <https://web-hobbies.com/donation>*