

# Helpful Food Lists for Various Protocols



Donna Reish

[donnareish.com/coaching](http://donnareish.com/coaching)

# List 1:

# Weight Watchers

# Blue Free Foods List

The following two pages contain the "Blue" WW Free Foods List by categories of foods. That means that this is the list of foods that people who follow the WW Blue Plan can eat throughout the day without counting them in their points. (This does not mean they are calorie-free, but rather that they are nearly fat-free and real—which is why WW encourages its adherents to eat from it.) This list is not for WW people only!

This list is a great starting point for anyone wanting to eat more real foods—and especially for those wanting to eat a lower fat protocol. First, it is a great list to have at your finger tips to grab a lower calorie/low fat food item(s) when you are going out for dinner or having pizza night, etc., later that day.

Second, it is a great list to start with and then add your favorite lower calorie foods to it. Again, another list to grab lower calorie foods from.

There are some empty categories given for you to use. This is because the original Free Food list doesn't have any fat to speak of (except for egg yolks). If you want to use this to create your own healthy food list, you can add foods to the other categories as well.



# List 1: Weight Watchers Blue Free Foods List

<p><b>BEANS AND LEGUMES</b></p> <p>Adzuki beans            Alfalfa sprouts            Bean sprouts            Black beans            Black-eyed peas            Cannellini beans            Chickpeas            Edamame            Fava beans            Great Northern beans            Hominy            Kidney beans            Lentils            Lima beans            Lupini beans            Navy beans            Pinto beans            Refried beans, canned, fat-free            Soy beans</p> <p>_____</p> <p>_____</p>	<p><b>(FATS/FAT-PROTEIN COMBOS)</b></p> <p>_____</p> <p>_____</p>	<p><b>FISH/SHELLFISH (cont'd)</b></p> <p>Sturgeon            Swordfish            Tilapia            Trout            Tuna            Turbot            Wahoo            Whitefish            (canned fish)</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p><b>(BEEF)</b></p> <p>_____</p> <p>_____</p>	<p><b>FISH/SHELLFISH</b></p> <p>Abalone            Alaskan king crab            Anchovies, in water            Arctic char            Bluefish            Branzino            Butterfish            Canned tuna, in water            Carp            Catfish            Caviar            Clams            Cod            Crabmeat, lump            Crayfish            Cuttlefish            Dungeness crab            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 haddock            Smoked salmon            Smoked sturgeon            Smoked trout            Smoked whitefish            Snails            Snapper            Sole            Squid            Steelhead trout            Striped bass</p>	<p><b>FRUITS</b></p> <p>Apples            Applesauce, unsweetened            Apricots, fresh            Bananas            Blackberries            Blueberries            Cantaloupe            Cherries            Clementine            Cranberries, fresh            Dragon fruit            Figs, fresh            Frozen mixed berries, unsweetened            Fruit salad, unsweetened            Grapefruit            Grapes            Guava            Honeydew            Kiwi            Kumquats            Lemons            Limes            Mangoes            Meyer lemons            Nectarines            Oranges            Papayas            Peaches            Pears            Persimmons            Pineapples            Plums            Pomegranates            Pimento            Raspberries            Star fruit            Strawberries            Tangerines            Watermelon</p> <p>_____</p>
<p><b>CHICKEN &amp; TURKEY BREAST</b></p> <p>Ground chicken breast            Ground turkey, 98% fat-free            Ground turkey breast            Skinless turkey breast            (Dark meat chicken)            (Other chicken)            (Skin on chicken)            (turkey bacon, sausage, kielbasa, etc.)</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p>
<p><b>(COMBINATION FOODS)</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p>
<p><b>CONDIMENTS &amp; SAUCES</b></p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p>
<p><b>EGGS</b></p> <p>Egg substitute            Egg whites            Egg yolks            Eggs</p> <p>_____</p>	<p>_____</p> <p>_____</p>	<p>_____</p>

(continued)

List 1: Weight Watchers Blue Free Foods List (continued)

<p><b>(GRAINS)</b></p> <p>_____</p> <p>_____</p>	<p><b>VEGETABLES (NON-STARCHY)</b></p> <p>Acorn squash          Artichoke hearts, no oil          Artichokes          Arugula          Asparagus          Baby corn          Bamboo shoots          Basil          Beet greens          Beets          Bok choy          Broccoli          Broccoli rabe          Broccoli slaw          Brussels sprouts          Butter/bibb lettuce          Butternut squash          Cabbage          Canned simintos          Carrots          Cauliflower          Cauliflower rice          Celery          Chives          Cilantro          Coleslaw mix          Coleslaw greens          Cucumber          Eggplant          Endive          Escarole          Fennel          Frozen stir-fry vegetables, no sauce          Garlic          Ginger          Green leaf lettuce          Hearts of palm          Iceberg lettuce          Jicama          Kale          Kohirabi          Leeks          Mint          Mixed greens          Mushrooms          Mustard greens          Napa cabbage          Nori (seaweed)          Oak leaf lettuce          Okra          Onions          Oregano          Parsley          Pea shoots          Peppers          Pickles, unsweetened          Pico de gallo          Pumpkin          Pumpkin puree          Radishes          Red leaf lettuce          Romaine lettuce          Rosemary          Rutabaga          Salsa, fat-free          Sauerkraut          Scallions</p>	<p><b>VEGETABLES (NON-STARCHY) (cont'd)</b></p> <p>Shallots          Spaghetti squash          Spinach          String beans          Summer squash          Swiss chard          Tarragon          Thyme          Tomatillos          Tomato puree, canned          Tomato sauce, canned          Tomatoes          Turnips          Water chestnuts          Wax beans          Zucchini</p>
<p><b>(DAIRY)</b></p> <p>Greek yogurt, plain, nonfat          Plain yogurt, nonfat          Quark, plain, up to 1% fat          Soy yogurt, plain</p> <p>_____</p> <p>_____</p>		
<p><b>(PORK &amp; OTHER)</b></p> <p>(bacon)          (chops)          (loin)          (roasts)          (sausage)          (some pork cold cuts)</p> <p>_____</p> <p>_____</p>		
<p><b>(SAUCES, etc)</b></p> <p>_____</p> <p>_____</p> <p>_____</p>		
<p><b>TOFU &amp; TEMPEH</b></p> <p>Firm tofu          Silken tofu          Smoked tofu          Soft tofu          Tempeh</p> <p>_____</p> <p>_____</p>		
<p><b>VEGETABLES (STARCHY)</b></p> <p>Corn          Green peas          Parsnips          Peas          Split peas          Succotash          (Potatoes, white)          (Potatoes, sweet)</p>		
		<p>Notes: The foods given here are from the 2020 WW Blue 200 Free Foods List that are extremely low calorie. You can use this list to begin to create your own Real Food List.</p> <p>The Categories are for additions of other foods by the user (though these will not necessarily be low fat or real).</p>

## List 2:

# Real Foods List

The following two pages contain the "Blue" WW Free Foods List by categories of foods in regular, non-italic, non-bold “Roman” font AND my own personal Real Food additions.

You may use this list to help spark ideas for your Real Food List---knowing that the WW Free Foods are all nearly fat free/low calorie/real foods. My additions may or may not be “real” to you. Feel free to omit them, add more foods to the list, and use it to help you figure out how to begin eating more real foods.

This list is helpful for someone who is counting calories and real foods (for example the Calorie Counting With 80/20 Real Foods protocol).

It is not macro-specific (like the low carb or low fat one), but it is helpful for those who want to count calories while eating mostly real foods and for those who want to eat real foods cooked at home more often. It is simple. But effective when used consistently.



# List 2: Real Foods List

<p><b>BEANS AND LEGUMES</b>          Adzuki beans          Alfalfa sprouts          Bean sprouts          Black beans          Black-eyed peas          Cannellini beans          Chickpeas          Edamame          Fava beans          Great Northern beans          Hominy          Kidney beans          Lentils          Lima beans          Lupini beans          Navy beans          Pinto beans          Refried beans, canned, fat-free          Soy beans</p>	<p><b>CONDIMENTS &amp; SAUCES</b>          (alfredo)          (all seasonings)          (bbq)          (dressing)          (ketch &amp; mustard)          (healthy mayo)          (marinara)          (other sauces)          (relish)          (soy &amp; soy sub)          (pickles)          (salsa)  <i>LS Jelly</i>  <i>LS PB</i>  <i>LS apple butter</i>  <i>LS BBQ</i>  <i>LS Teriaki</i></p>	<p><b>FISH/SHELLFISH</b>          Abalone          Alaskan king crab          Anchovies, in water          Arctic char          Bluefish          Branzino          Butterfish          Canned tuna, in water          Carp          Catfish          Caviar          Clams          Cod          Crabmeat, lump          Crayfish          Cuttlefish          Dungeness crab          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 haddock          Smoked salmon          Smoked sturgeon          Smoked trout          Smoked whitefish          Snails          Snapper          Sole          Squid          Steelhead trout          Striped bass          Sturgeon          Swordfish          Tilapia          Trout          Tuna          Turbot          Wahoo          Whitefish          (canned fish)</p>
<p><b>(BEEF)</b>          (All roasts)          (All steaks)          (Ground Beef)          (Beef sausage)          (Beef cold cuts)          (Tips &amp; Misc.)  <i>Salisbury Steak</i>  <i>Pizza Burger</i>  <i>LS BBQ Beef</i>  <i>LS Sloppies</i></p>	<p><b>DAIRY AND NON DAIRY MISC</b>          Greek yogurt, plain, nonfat          Plain yogurt, nonfat          Quark, plain, up to 1% fat          Soy yogurt, plain          (cheese)          (cream)          (cream cheese)          (flavored yogurts-low sugar)          (half &amp; half)          (LS smoothie)          (milk)          (non-dairy milks)          (other yogurts-low sugar)          (sour cream)  <i>SF frozen yogurt</i>  <i>SF cream cheese desserts</i></p>	
<p><b>CHICKEN &amp; TURKEY BREAST</b>          Ground chicken breast          Ground turkey, 98% fat-free          Ground turkey breast          Skinless turkey breast          (Dark meat chicken)          (Other chicken)          (Skin on chicken)          (turkey bacon, sausage, kielbasa, etc.)  <i>LS BBQ Chicken/meatballs</i></p>	<p><b>(FATS/FAT-PROTEIN COMBOS)</b>          (all nuts)          (all seeds)          (avocado)          (avocado oil)          (coconut oil)          (ghee)          (lard/bacon grease)          (olives)</p>	
<p><b>(COMBINATION FOODS)</b>  <i>Protein Pasta Comb entrée</i>  <i>Tuna Casserole</i>  <i>Chicken &amp; bror (?) healthy rice</i>  <i>Homemade pizza, subs, &amp; Mexican combos</i>  <i>Healthy Subs</i>  <i>Pizza "Cups"</i>  <i>Healthy sausage gravy</i>  <i>Egg-Potato Skillet or casserole</i>  <i>Healthy torts-quesadillas, crisps, Mex Pizza, etc.</i>  <i>Prot noodles &amp; beans</i>  <i>Chili</i>  <i>Soups</i>  <i>Stews</i>  <i>Homemade breakfast sandwich</i>  <i>Healthy Pasta bake</i>  <i>Potato Bake</i></p>	<p><b>EGGS</b>          Egg substitute          Egg whites          Egg yolks          Eggs</p>	
<p><b>LF= Low Fat LS= Low Sugar</b></p>	<p><b>{NOTES}</b>          The regular font foods (not italic or parenthesized) are from the 2020 Blue Free Foods List. This is a good way to begin a Real Foods protocol as it starts with foods that are all real, healthy, and low calorie (and almost all non-fat).          The parenthetical foods and categories are additions of other healthy and real foods that are not on the WW Free list and are not fat free.          The cursive foods and categories are my personal Real Food additions at the time of this publication.</p>	

List 2: Read Foods List (continue)

<p><b>FRUITS</b>  Apples  Applesauce, unsweetened  Apricots, fresh  Bananas  Blackberries  Blueberries  Cantaloupe  Cherries  Clementine  Cranberries, fresh  Dragon fruit  Figs, fresh  Frozen mixed berries, unsweetened  Fruit salad, unsweetened  Grapefruit  Grapes  Guava  Honeydew  Kiwi  Kumquats  Lemons  Limes  Mangoes  Meyer lemons  Nectarines  Oranges  Papayas  Peaches  Pears  Persimmons  Pineapples  Plums  Pomegranates  Pimento  Raspberries  Star fruit  Strawberries  Tangerines  Watermelon</p>	<p><b>TOFU &amp; TEMPEH</b>  Firm tofu  Silken tofu  Smoked tofu  Soft tofu  Tempeh  _____  _____</p>	<p><b>VEGETABLES (NON-STARCHY) (cont'd)</b>  Leeks  Mint  Mixed greens  Mushrooms  Mustard greens  Napa cabbage  Nori (seaweed)  Oak leaf lettuce  Okra  Onions  Oregano  Parsley  Pea shoots  Peppers  Pickles, unsweetened  Pico de gallo  Pumpkin  Pumpkin puree  Radishes  Red leaf lettuce  Romaine lettuce  Rosemary  Rutabaga  Salsa, fat-free  Sauerkraut  Scallions  Shallots  Spaghetti squash  Spinach  String beans  Summer squash  Swiss chard  Tarragon  Thyme  Tomatillos  Tomato puree, canned  Tomato sauce, canned  Tomatoes  Turnips  Water chestnuts  Wax beans  Zucchini</p>
<p><b>(GRAINS)</b>  (arrow root)  (couscous)  (oats)  (other hot cereals)  (quinoa)  (rice)  Crumbled croutons  <i>Sprouted breads</i>  <i>LC breads, buns and torts</i>  <i>Healthy French Toast</i>  _____  _____</p>	<p><b>VEGETABLES (STARCHY)</b>  Corn  Green peas  Parsnips  Peas  Split peas  Succotash  (Potatoes, white- all varieties)  (Potatoes, sweet)</p>	<p><b>(SNACKS)</b>  LF popcorn  Baked chips &amp; torts  Baked crackers  LS sweet crackers (graham, etc)  Pretzels  SF homemade candy  SF store bough candy  SF baked goods  SF Kodiak protein baked goods  SF protein pancakes, waffles, etc.</p>
<p><b>(PORK &amp; OTHER)</b>  (bacon)  (chops)  (loin)  (roasts)  (sausage)  (some pork cold cuts)  <i>spam</i>  _____  _____</p>	<p><b>VEGETABLES (NON-STARCHY)</b>  Acorn squash  Artichoke hearts, no oil  Artichokes  Arugula  Asparagus  Baby corn  Bamboo shoots  Basil  Beet greens  Beets  Bok choy  Broccoli  Broccoli rabe  Broccoli slaw  Brussels sprouts  Butter/bibb lettuce  Butternut squash  Cabbage  Canned simintos  Carrots  Cauliflower  Cauliflower rice  Celery  Chives  Cilantro  Coleslaw mix  Coleslaw greens  Cucumber  Eggplant  Endive  Escarole  Fennel  Frozen stir-fry vegetables, no sauce  Garlic  Ginger  Green leaf lettuce  Hearts of palm  Iceberg lettuce  Jicama  Kale  Kohirabi</p> <p style="text-align: right;">(continued)</p>	

## List 3:

# Very Low Carb Food List

The following two pages contain a starter food list for those desiring Very Low Carb (and applicable to Keto as well if more fat is added). The regular font foods and categories (not italic or parenthesized) are from the 2020 WW Blue Plan 200 Free Foods List that are extremely low carb. (The entire WW list is not low carb; it is low fat...the foods from that list that are low carb were left on this list; the fruits, etc., were pretty much all removed based on carb counts.)

The parenthetical foods and categories are additions of other healthy foods and real foods that would fall under very low carb.

The cursive foods and categories are my personal very low carb additions at the time of this publication. Generally speaking, very low carb diets tend to have quite a bit of un-real foods; however, if they fit in your protocol and help you meet your goals, that is perfectly fine.

You can use this list as a starting point for your own personalized Very Low Carb/Keto Foods List. Mark out the foods that do not fit or that you do not like, and add your very low carb foods under their categories.





# List 3: Very Low Carb Food List

<p><b>BEANS AND LEGUMES</b> Beans are seldom included in a very low carb protocol</p>	<p><b>CONDIMENTS &amp; SAUCES</b> (alfredo) (all seasonings) (bbq-SF) (dressing-SF) (ketch &amp; mustard-SF) (healthy mayo) (marinara-SF) (other sauces) (relish-SF) (soy &amp; soy sub) (pickles) (salsa) <i>SF Jelly</i> <i>SF PB</i> <i>SF apple butter</i> <i>SF BBQ</i> <i>SF Teriaki</i></p>	<p><b>FISH/SHELLFISH</b> Abalone Alaskan king crab Anchovies, in water Arctic char Bluefish Branzino Butterfish Canned tuna, in water Carp Catfish Caviar Clams Cod Crabmeat, lump Crayfish Cuttlefish Dungeness crab 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 haddock Smoked salmon Smoked sturgeon Smoked trout Smoked whitefish Snails Snapper Sole Squid Steelhead trout Striped bass Sturgeon Swordfish Tilapia Trout Tuna Turbot Wahoo Whitefish (canned fish)</p>
<p><b>(BEEF)</b> (All roasts) (All steaks) (Ground Beef) (Beef sausage) (Beef cold cuts) (Tips &amp; Misc.) <i>Salisbury Steak</i> <i>Pizza Burger</i> <i>SF BBQ Beef</i> <i>SF Sloppies</i></p>	<p><b>DAIRY AND NON DAIRY MISC</b> Greek yogurt, plain, full fat Plain yogurt, full fat Soy yogurt, plain (cheese) (cream) (cream cheese) (flavored yogurts-SF) (half &amp; half) (SF smoothie) (non-dairy milks-LC) (other yogurts-SF) (sour cream) <i>SF frozen yogurt or ice cream</i> <i>SF cream cheese desserts</i></p>	
<p><b>CHICKEN &amp; TURKEY BREAST</b> Ground chicken breast Ground turkey, 98% fat-free Ground turkey breast Skinless turkey breast (Dark meat chicken) (Other chicken) (Skin on chicken) (turkey bacon, sausage, kielbasa, etc.) <i>LS BBQ Chicken/meatballs</i></p>	<p><b>(FATS/FAT-PROTEIN COMBOS)</b> (all nuts) (all seeds) (avocado) (avocado oil) (coconut oil) (ghee) (lard/bacon grease) (olives)</p>	
<p><b>(COMBINATION FOODS)</b> <i>Low Carb Protein Pasta Combo entrée</i> <i>Tuna Casserole</i> <i>Chicken &amp; cauliflower rice</i> <i>Homemade pizza, subs, &amp; Mexican combos on 1 c crusts</i> <i>Healthy Subs on 1 c crusts</i> <i>Pizza "Cups" on 1 c crusts</i> <i>Sausage gravy 1 c</i> <i>Egg Skillet or casserole</i> <i>LC torts—quesadillas, crisps, Mex Pizza, etc.</i> <i>LC noodles</i> <i>Chili—no beans, cheese, meat, marinara etc.</i> <i>Soups</i> <i>Stews—LC vegetables only</i> <i>Homemade breakfast sandwich—LC bread</i> <i>LC Pasta bake</i></p>	<p><b>EGGS</b> Egg substitute Egg whites Egg yolks Eggs</p>	

**{NOTES}**  
The regular font foods (not italic or parenthesized) are from the 2020 Blue Free Foods List that are specifically low carb (others were removed).

The parenthetical foods and categories are additions of other low carb foods that are not on the WW Free list.

The cursive foods and categories are my personal low carb additions at the time of this publication.

**LF= Low Fat LS= Low Sugar  
SF= Sugar Free LC= Low Carb**

List 3: Very Low Carb Food List (continued)

<p><b>FRUITS</b>                  Blackberries                  Blueberries                  Frozen mixed berries, unsweetened                  Raspberries                  Strawberries</p>	<p><b>TOFU &amp; TEMPEH</b>                  Firm tofu                  Silken tofu                  Smoked tofu                  Soft tofu                  Tempeh</p>	<p><b>VEGETABLES (NON-STARCHY) (cont'd)</b>                  Leeks                  Mint                  Mixed greens                  Mushrooms                  Mustard greens                  Napa cabbage                  Nori (seaweed)                  Oak leaf lettuce                  Okra                  Onions                  Oregano                  Parsley                  Pea shoots                  Peppers                  Pickles, unsweetened                  Pico de gallo                  Pumpkin                  Pumpkin puree                  Radishes                  Red leaf lettuce                  Romaine lettuce                  Rosemary                  Rutabaga                  Salsa, fat-free                  Sauerkraut                  Scallions                  Shallots                  Spaghetti squash                  Spinach                  String beans                  Summer squash                  Swiss chard                  Tarragon                  Thyme                  Tomatillos                  Tomato puree, canned                  Tomato sauce, canned                  Tomatoes                  Turnips                  Water chestnuts                  Wax beans                  Zucchini</p>
<p><b>(GRAINS)</b>                  (arrow root)  <i>LC breads, buns and torts</i>  <i>LC French Toast</i></p>	<p><b>VEGETABLES (STARCHY)</b>                  None</p>	<p><b>(SNACKS)</b>  <i>SF homemade candy</i>  <i>SF store bough candy</i>  <i>SF baked goods w/LC flours</i>  <i>SF protein pancakes, waffles, etc.</i>  <i>Keto Snacks</i></p>
<p><b>(PORK &amp; OTHER)</b>                  (bacon)                  (chops)                  (loin)                  (roasts)                  (sausage)                  (some pork cold cuts)  <i>spam</i></p>	<p><b>VEGETABLES (NON-STARCHY)</b>                  Acorn squash                  Artichoke hearts, no oil                  Artichokes                  Arugula                  Asparagus                  Basil                  Beet greens                  Beets                  Bok choy                  Broccoli                  Broccoli rabe                  Broccoli slaw                  Brussels sprouts                  Butter/bibb lettuce                  Butternut squash                  Cabbage                  Canned simintos                  Carrots                  Cauliflower                  Cauliflower rice                  Celery                  Chives                  Cilantro                  Coleslaw mix                  Coleslaw greens                  Cucumber                  Eggplant                  Endive                  Escarole                  Fennel                  Frozen stir-fry vegetables, no sauce                  Garlic                  Ginger                  Green leaf lettuce                  Hearts of palm                  Iceberg lettuce                  Jicama                  Kale                  Kohirabi</p> <p style="text-align: center;">(continued)</p>	

## List 4:

# Low Fat Food List

The following two pages contain a starter food list for those desiring a Low Fat protocol. The regular font foods and categories (not italic or parenthesized) are from the 2020 WW Blue Plan 200 Free Foods List that are extremely low fat (nearly all are fat free).

The parenthetical foods and categories are additions of other healthy foods and real foods that would fall under low fat.

The cursive foods and categories are my personal low fat additions at the time of this publication. Some might not consider these “real”—though they are all low fat and thus lower in calories than other foods. (Remember, a gram of fat has 9 calories each; a gram of protein or carb has 4 calories each.)

You can use this list as a starting point for your own personalized Low Fat Foods List. Mark out the foods that do not fit or that you do not like, and add your low fat foods under their categories.



# List 4: Low Fat Food List

<p><b>BEANS AND LEGUMES</b>          Adzuki beans          Alfalfa sprouts          Bean sprouts          Black beans          Black-eyed peas          Cannellini beans          Chickpeas          Edamame          Fava beans          Great Northern beans          Hominy          Kidney beans          Lentils          Lima beans          Lupini beans          Navy beans          Pinto beans          Refried beans, canned, fat-free          Soy beans</p>	<p><b>CONDIMENTS &amp; SAUCES</b>          (all seasonings)          (bbq)          (dressing- LF)          (ketch &amp; mustard)          (healthy mayo-LF)          (marinara)          (other sauces)          (relish)          (soy &amp; soy sub)          (pickles)          (salsa)  <i>LS Jelly</i>  <i>LS apple butter</i>  <i>LS BBQ</i>  <i>LS Teriakji</i>  <i>LF Alfredo</i>  <i>PB 2 or diluted LF P.B.</i></p>	<p><b>FISH/SHELLFISH</b>          Abalone          Alaskan king crab          Anchovies, in water          Arctic char          Bluefish          Branzino          Butterfish          Canned tuna, in water          Carp          Catfish          Caviar          Clams          Cod          Crabmeat, lump          Crayfish          Cuttlefish          Dungeness crab          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          Sashimi          Scallops          Sea bass          Sea cucumber          Sea urchin          Shrimp          Smelt          Smoked haddock          Smoked salmon          Smoked sturgeon          Smoked trout          Smoked whitefish          Snails          Snapper          Sole          Squid          Steelhead trout          Striped bass          Sturgeon          Swordfish          Tilapia          Trout          Tuna          Turbot          Wahoo          Whitefish          (canned fish in water only)</p>
<p><b>(BEEF)</b>          (LF Beef Only)  <i>Salisbury Steak w/ LF Beef</i>  <i>Pizza Burger w/ LF Beef</i>  <i>LS BBQ Beef w/ LF Beef</i>  <i>LS Sloppies w/ LF Beef</i></p>	<p><b>DAIRY AND NON DAIRY MISC</b>          Greek yogurt, plain, nonfat          Plain yogurt, nonfat          Quark, plain, up to 1% fat          Soy yogurt, plain          (cheese- LF)          (cream cheese- LF)          (flavored yogurts-low sugar- LF)          (LS &amp; LS smoothie)          (milk- skim)          (non-dairy milks- LF)          (other yogurts-low sugar- LF)          (sour cream-LF)  <i>SF frozen yogurt</i>  <i>SF cream cheese desserts- LF</i></p>	
<p><b>CHICKEN &amp; TURKEY BREAST</b>          Ground chicken breast          Ground turkey, 98% fat-free          Ground turkey breast          Skinless turkey breast          (Other chicken LF only)          (turkey bacon, sausage, kielbasa, etc.)  <i>LS BBQ Chicken/meatballs LF</i></p>	<p><b>(FATS/FAT-PROTEIN COMBOS)</b>          LF whipped butter only          Use broth for stir frying (or air fryer)</p>	
<p><b>(COMBINATION FOODS- LF Ingrid. Only)</b>  <i>Protein Pasta Combo entrée</i>  <i>Tuna Casserole</i>  <i>Chicken &amp; broc healthy rice</i>  <i>Homemade pizza, subs, &amp; Mexican combos</i>  <i>Healthy Subs</i>  <i>Pizza "Cups"</i>  <i>Healthy sausage gravy</i>  <i>Egg-Potato Skillet or casserole</i>  <i>Healthy torts—quesadillas, crisps, Mex Pizza, etc.</i>  <i>Prot noodles &amp; beans</i>  <i>Chili</i>  <i>Soups</i>  <i>Stews</i>  <i>Homemade breakfast sandwich</i>  <i>Healthy Pasta bake</i>  <i>Potato Bake</i>  <i>Taco Meat (LF)</i></p>	<p><b>EGGS</b>          Egg substitute          Egg whites          Eggs (sparingly)</p> <p>{Notes}          The regular font foods (not italic or parenthesized) are from the 2020 Blue Free Foods List that are specifically low fat (all the original list was kept since the Free Foods are all either low fat or fat free).          The parenthetical foods and categories are additions of the other fairly low fat foods that are not on the WW Free List. (The additions are not fat free in most cases but are lower in fat than their full fat counterparts.)          The cursive foods and categories are my personal low fat additions at the time of this publication.</p>	

**LF= Low Fat LS= Low Sugar**

List 4: Low Fat Food List (continued)

<p><b>FRUITS</b>          Apples          Applesauce, unsweetened          Apricots, fresh          Bananas          Blackberries          Blueberries          Cantaloupe          Cherries          Clementine          Cranberries, fresh          Dragon fruit          Figs, fresh          Frozen mixed berries, unsweetened          Fruit salad, unsweetened          Grapefruit          Grapes          Guava          Honeydew          Kiwi          Kumquats          Lemons          Limes          Mangoes          Meyer lemons          Nectarines          Oranges          Papayas          Peaches          Pears          Persimmons          Pineapples          Plums          Pomegranates          Pimento          Raspberries          Star fruit          Strawberries          Tangerines          Watermelon</p>	<p><b>TOFU &amp; TEMPEH</b>          Firm tofu          Silken tofu          Smoked tofu          Soft tofu          Tempeh</p> <hr/> <hr/>	<p><b>VEGETABLES (NON-STARCHY) (cont'd)</b>          Leeks          Mint          Mixed greens          Mushrooms          Mustard greens          Napa cabbage          Nori (seaweed)          Oak leaf lettuce          Okra          Onions          Oregano          Parsley          Pea shoots          Peppers          Pickles, unsweetened          Pico de gallo          Pumpkin          Pumpkin puree          Radishes          Red leaf lettuce          Romaine lettuce          Rosemary          Rutabaga          Salsa, fat-free          Sauerkraut          Scallions          Shallots          Spaghetti squash          Spinach          String beans          Summer squash          Swiss chard          Tarragon          Thyme          Tomatillos          Tomato puree, canned          Tomato sauce, canned          Tomatoes          Turnips          Water chestnuts          Wax beans          Zucchini</p>
<p><b>(GRAINS)</b>          (arrow root)          (couscous)          (oats)          (other hot cereals)          (quinoa)          (rice)  <i>Crumbled croutons- LF</i>  <i>Sprouted breads- LF</i>  <i>LC breads, buns and torts- LF</i>  <i>Healthy French Toast- LF</i></p> <hr/>	<p><b>VEGETABLES (STARCHY)</b>          Corn          Green peas          Parsnips          Peas          Split peas          Succotash          (Potatoes, white- all varieties)          (Potatoes, sweet)</p>	<p><b>(SNACKS)</b>  <i>LF popcorn</i>  <i>Baked chips &amp; torts</i>  <i>Baked crackers</i>  <i>LS sweet crackers (graham, etc)</i>  <i>Pretzels</i>  <i>SF homemade candy-LF</i>  <i>SF &amp; LF baked goods</i>  <i>SF &amp; LF Kodiak protein baked goods</i>  <i>SF &amp; LF protein pancakes, waffles, etc.</i></p>
<p><b>(PORK &amp; OTHER)</b>          LF Pork only (use sparingly)</p> <hr/> <hr/>	<p><b>VEGETABLES (NON-STARCHY)</b>          Acorn squash          Artichoke hearts, no oil          Artichokes          Arugula          Asparagus          Baby corn          Bamboo shoots          Basil          Beet greens          Beets          Bok choy          Broccoli          Broccoli rabe          Broccoli slaw          Brussels sprouts          Butter/bibb lettuce          Butternut squash          Cabbage          Canned simintos          Carrots          Cauliflower          Cauliflower rice          Celery          Chives          Cilantro          Coleslaw mix          Coleslaw greens          Cucumber          Eggplant          Endive          Escarole          Fennel          Frozen stir-fry vegetables, no sauce          Garlic          Ginger          Green leaf lettuce          Hearts of palm          Iceberg lettuce          Jicama          Kale          Kohirabi</p> <p style="text-align: center;">(continued)</p>	