

Weight Watchers Point List

Food Item	Quantity	Points	Food Item	Quantity	Points
A					
Abalone	3 oz.	2	Adobo Sauce (store-bought)	1 tbsp	2
Alfredo Sauce (store-bought)	1/2 cup	10	Almond Butter	1 tsp	1
Almonds	22 nuts	4	Ambrosia	1/2 cup	2
Anchovies	6 or 1 tsp paste	1	Apricots (dried)	6 halves	1
Apricots (fresh)	3 halves	1	Apples (dried)	1/4 cup	1
Apples (fresh)	1 large	2	Applesauce (unsweetened)	1 cup	1
Apple Juice	1/2 cup	1	Antelope (cooked)	1 oz.	1
Animal crackers	13	3	America flavored clear water	1 liter	0
Armadillo (cooked)	1 oz.	1	Arrowroot	1 tsp	0
Artichokes (cooked)	1 medium	0	Arugula	1 cup	0
Asparagus	12 sears	0	Avocado	1/4 parts	2
B					
Baba au rhum	1	8	Babaganosh	1/4 cup	3
Bacon (Canadian style)	1 slice	1	Bacon (crisp cooked)	1 slice	1
Bacon (fats)	1 tbsp	3	Bagel	1 small or 1/2 large	3
Bagel chips	1 oz.	3	Baked Alaska	1 piece	5
Baking Powder/Soda	1 tsp	0	Baklava	1 piece	5
Bamboo Shoots	1 cup	0	Banana	1 medium	2
Banana Bread	1 slice	5	Banana Chips	1 oz.	3
Banana Split	1 serving	19	Barbecue Sauce	1 tbsp	0
Barley	1 cup cooked/uncooked 1/4 cup	3	Bass (striped, cooked)	1 fillet	4
Bean dip	1/2 cup	1	Beans baked	1/2 cup	5
Beans baked (canned)	1/2 cup	2	Beans black (uncooked)	1 pound	31
Beans black	1 cup, cooked	3	Beans (cannellini, cooked)	1/2 cup	1
Beans (Garbanzo, cooked)	1/2 cup	2	Beans (green, cooked)	1 cup	0
Beans (kidney, cooked)	1/2 cup	1	Beans (lima, cooked)	1/2 cup	1
Beans (re-fried, canned)	1/2 cup	2	Beans (wax, cooked)	1 cup	0
Beans (white, cooked)	1/2 cup	2	Bear (black, cooked)	1 oz.	2
Bearnaise sauce	1/4 cup	8	Beaver (cooked)	1 oz.	1
Bechamel white sauce	1/4 cup	4	Beef (ground, regular)	1 patty	6
Beef (ground, regular, uncooked)	1 pound	25	Beef (ground, lean, uncooked)	1 pound	22
Beef (regular, cooked)	1 slice	4	Beef (tongue, cooked)	1 oz.	2
Beef (dried, store-bought)	7 slices	1	Beef (steak, cooked)	1 small	7
Beef (steak, lean)	1 small	5	Beefalo (cooked)	1 oz.	1
Beef Bourguignon	1-1/2 cup	18	Beef stew	1 cup	5
Beer (light)	1 can/bottle	2	Beer (non-alcoholic)	1 can/bottle	1
Beer (regular)	1 can/bottle	3	Beet (cooked)	1 cup	0
Beignet	1 (2" diameter)	2	Bialy	1 portion	5
Biscotti	8 mini, 2 small or 1 regular	3	Biscotti Chocolate	8 mini, 2 small or 1 reg.	3
Biscuits (homemade)	1 small	3	Biscuit (cheese)	1 small	5
Bitter Melon	1 cup cooked/uncooked	0	Black bean sauce	1 tsp	0
Blackberries	1 cup	1	Black Russian	1	5
Bloody Mary	1	2	Blueberries	1 cup	1
Bluefish (cooked)	1 fillet	1	Borscht (low-calorie, store-bought)	1 cup	0
Boston Brown Bread	1 slice	2	Bread (whole grain)	1 slice	1
Bread (light)	2 slices	1	Bread (pita)	1 slice	1
Bread Crumbs	3 tbsp (dried)	1	Breadsticks	1 piece	2

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Bread (focaccia)	1 slice	3	Bread (garlic)	1 slice	4
Bottle Gourd	1 cup	0	Boudin (store-bought)	2	2
Bouillabaisse	2 cups	7	Bouillon	1 cup	0
Boysenberries	1 cup	1	Bran (corn, uncooked)	1/4 cup	0
Bran (oat, uncooked)	1/4 cup	1	Bran (rice, uncooked)	1/4 cup	2
Bran (wheat, uncooked)	1 tbsp	0	Brandy	1-1/2 fl. oz.	2
Brazil Nuts	8 nuts	5	Brewer's Yeast	1 tsp	0
Brioche	1	3	Broccoli (cooked/uncooked)	1 cup	0
Broccoli Rabe	1 cup	0	Broccoli (stir fry)	1 cup	3
Broth (any type)	1 cup	0	Brownie	1	5
Brownie (fat-free)	1 piece	2	Brunswick Stew	1-1/2 cups	5
Bruschetta	1 slice	3	Brussels Sprouts (cooked/uncooked)	1 cup	0
Buffalo (water cooked)	1 oz.	1	Buffalo wings	3	9
Bulgur	cooked 1 cup/uncooked 1/4 cup	2	Butter (regular)	1 cup	51
C					
Cabbage (all varieties, cooked/uncooked)	1 cup	0	Caesar Salad	3 cups	7
Cake (fat-free)	1 slice	4	Cake (sugar-free)	1 slice	5
Calamari (fried)	1/2 cup	11	Calzone	1	7
Candy (chocolate, any type)	1 oz.	4	Cannoli	1	9
Cantaloupe	1/4th melon	1	Capers	1 tbsp	0
Caponata	1 cup	2	Cappuccino (fat-free milk)	1 small	1
Cappuccino (machine-made)	1 cup	2	Caraway seeds	1 tsp/tbsp	0
Carambola (star fruit)	1	1	Caramels	1 oz.	3
Cardoon	1 cup	0	Caribou (cooked)	1 oz.	1
Carne asada	4 oz.	10	Carob (unsweetened)	1 tsp	0
Carp	1 fillet cooked	7	Carrots	10 baby or 2 large	0
Carrot Juice (canned)	1/2 cup	1	Casaba Melon	1 cup	1
Cashews (dry-roasted)	14	4	Cassoulet	1 cup	11
Catfish	1 fillet cooked	4	Cauliflower	1 cup or 1 large head	0
Caviar (or other fish roe)	2 tbsp	2	Caviar spread	2 tbsp	3
Celery	1 cup or 1 stalk	0	Cellophane Noodles	1 cup cooked	3
Chicory	1 cup	0	Cucumber	1 cup	0
Cereal (hot)	1 cup	4	Cereal (fiber)	1/2 cup	0.5
Cereal bar (fat-free)	1 piece	2	Cereal (cold, bran flakes)	3/4 cup	1
Cereal (cold, frosted)	1 cup	3	Cereal (cold, puffed)	1 cup	1
Cereal (cold, whole grain)	1 cup	2	Ceviche	1/2 cup	2
Challah bread	1 slice	2	Champagne	1 small glass or 1/2 cup	2
Chef's salad (without dressing)	4 cups	8	Cheese (Cheddar)	1 cup	4
Cheese	1 ounce	1	Cottage Cheese	1 cup	3
Cheese (spreadable)	2 tbsp	1	Cheese Wedge (light)	1	1
Cheese with fruit	3-1/2 oz.	3	Cheese (Mozzarella)	2 pieces	3
Cheese (Ravioli)	6 pieces	7	Cheese (Parmesan)	5 oz.	3
Cherries (fresh)	1 cup	1	Chestnuts	6 small	1
Chicken (fried, frozen)	3 oz.	7	Chicken (canned)	1/2 cup	4
Chicken (cooked)	1/2 cup	2	Chicken breast, barbecued with skin (with bone)	1	7
Chicken breast, cooked without skin (no bone)	1	3	Chicken breast, fried with skin (with bone)	1	11
Chicken breast fillet, grilled, refrigerated	1	3	Chicken (drumstick, barbecued with skin and bone)	1	3
Chicken patty (fried, frozen)	1	4	Chicken pieces (nugget-style fried)	6	5
Chicken salad	1/2 cup	6	Chicken salad, store-bought	1/2 cup	5
Chicken soup, hot and spicy	1 cup	4	Chicken stew, canned	1 cup	4

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Chicken thigh (cooked without skin, no bone)	1	3	Chickpeas, dry	1/3 cup	1
Chili (frozen)	1 cup	12	Chili, low-fat, canned	1 cup	4
Chocolate hazelnut cookies	1 piece	2	Chocolate eclair	1 piece	3
Chocolate, any type	2 pieces	3	Chocolate (dark)	5 pieces	4
Chocolate or latte bar	1	1	Chocolate drink	1 cup	3
Chocolate spread	2 tbsp	4	Clams (cooked)	1/2 cup	1
Cobbler (fruit)	1 cup	7	Cocoa Hot (instant)	1 cup	2
Coconut	1 tsp	0	Coconut juice or water	1 can	3
Coconut milk	1/4 cup	4	Coffee (Jamaican)	1 cup	2
Coffee (latte or mocha with milk)	1 can	4	Coffee mix (without sugar)	1 cup	1
Cognac	1-1/2 fl. oz.	2	Coleslaw	1/2 cup	4
Cookies (any type)	1 bar	1	Corn (frozen)	6	4
Corn Chowder (canned)	1 cup	4	Crabmeat (canned)	1/2 cup	2
Crabmeat (cooked)	1/2 cup	1	Cranberry Juice	1 cup	2
Cranberries, fresh	1 cup	1	Crayfish (canned)	1/2 cup	2
Cream (clotted)	2 tbsp	4	Cream, medium	2 tbsp	2
Cruller	1 small	3	Crumpet	1	2
Currants, fresh	1 cup	1	Custard	1 cup	6
D					
Daikon	1 cup	0	Daiquiri	1	3
Dairy Shake	1 packet	2	Danish (store-bought)	1	6
Dannon Yogurt, light	4 ounce	1	Dates (fresh)	2	1
Del Monte	1/2 cup	1	Dip, any type	2 tbsp	2
Dolma (store-bought)	4	3	Doro wat	1 cup	7
Donut (store-bought)	1	5	Duck, wild or domestic, without skin, cooked	1/4 duck	5
E					
Eclair	1 (4" long)	9	Eggplant, cooked	1 cup	0
Eggs, Fried	1 large	2	Eggs, scrambled	2	5
Egg salad	1/2 cup	7	Egg whites	3	1
Elderberries	1 cup	1	Elk, cooked	1 oz.	1
Empanadas	2	3	Endive, Belgian (French)	1 cup	0
F					
Fadge	1 cup	3	Falafel patties	4	10
Fennel	1 cup	0	Fettuccine Alfredo	1 cup	16
Fiddle Fern (fiddlehead greens)	1 cup	0	Fig, fresh	1	0
Filo dough, frozen	1 oz.	2	Fish (Anchovies, canned in oil, drained)	6	1
Fish, baked, stuffed	1 serving	8	Fish, Blackened	1 fillet	12
Fish, Bluefish, cooked	1 fillet	6	Fish, Carp, cooked	1 fillet	7
Fish, Catfish, cooked	1 fillet	6	Fish, Cod, cooked	1 fillet	4
Fish, Dried	1 oz.	2	Fish, Eel	1 oz.	2
Fish, Flounder	1 fillet	4	Fish, Fried	1 fillet	12
Fish, Haddock, cooked	1 fillet	4	Fish, Halibut, cooked	1 fillet	5
Fish, Herring, cooked	1 oz.	1	Fish, Mackerel, cooked	1 fillet	8
Fish (dolphin fish), cooked	1 fillet	4	Fish, Salmon, cooked	1 fillet	7
Fish, Sardines, canned in oil, drained	5	3	Fish, Swordfish, cooked	1 steak	4
Fish, Trout, cooked	1 fillet	8	Fish, Tuna, cooked	1 fillet	6
Fish amandine	1 fillet	13	Fish Fillet (battered, frozen)	1 small	5
Flan	3/4 cup	8	Flour, any type	1 tsp	0
Focaccia	1 piece	25	French Fries (frozen, baked)	15	2
French Toast (frozen)	2 slices	5	Fried ice cream	1 scoop	9

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Fruit salad	1 cup	2	Fudge	1 piece	3
Frosting (regular)	2 tbsp	3	Fruit Cocktail (unsweetened, canned)	1 cup	2
G					
Gazpacho (canned)	1 cup	1	Gelatin (fruit flavored)	1/2 cup	2
Gherkins fresh	1 cup	0	Gin	1 jigger	2
Gnocchi (frozen)	1 cup	7	Goat meat, cooked	1 oz.	1
Gobo (burdock)	1/2 cup	1	Goose, wild, cooked	1 oz.	1
Gooseberries	1 cup	1	Gourd, white, flowered	1 cup	0
Grapefruit	1	2	Grapefruit juice, any type	1/2 cup	1
Grapes	1 cup	1	Grape juice	1/2 cup	1
Green papaya	1 cup	1	Guacamole (store-bought)	1/2 cup	2
Guava	1	1	Guinea hen, cooked	1 oz.	1
Gum, chewing with sugar or sugarless	1 piece	0	Gumdrops	8	3
H					
Haddock	1 fillet	4	Halibut	1 fillet	4
Halvah	1 piece	5	Ham, cooked	1 slice	3
Haroset	1 cup	4	Hazelnuts	20 nuts	4
Highball	1	3	Hush puppies	2	4
Hoisin sauce	1 tsp	0	Hollandaise sauce	1/4 cup	8
Honey	1 tbsp	1	Honeydew melon	1/8 part	1
Horseradish, prepared	1 tbsp	0	Hummus, any type	1/4 cup	3
I					
Ice cream, fat-free, no sugar added	1 scoop	2	Ice cream, light, no sugar added	1 scoop	2
Ice cream, premium	1 scoop	7	Ice cream, regular	1 scoop	4
Ice cream soda	1	8	Irish coffee	1	4
J					
Jackfruit	1/2 cup	2	Jalapenos, stuffed	2	4
Jam, jelly or preserves	1 tbsp	1	Jelly beans	10	2
Jerusalem artichokes	1 cup	0	Jicama (yam bean root)	1 cup	0
K					
Kabobs, beef, chicken or lamb	2 skewers	8	Kabobs, fish	2 skewers	6
Kasha (buckwheat groats)	1 cup cooked	3	Kataifi	1 piece	5
Ketchup	1/4 cup	1	Kidney, cooked	1/2 cup	2
Kiwi fruit	1	1	Knish, any type	1	6
Knockwurst	2	5	Kreplachs (boiled)	2	5
Kugel (lokshen)	1 piece	7	Kumquats	10 small/5 medium	1
L					
Ladyfingers, store-bought	1 large/2 small	1	Lamb, ground, cooked	1/2 cup	4
Lamb, lean	1 slice	3	Lard	1 tbsp	3
Lasagna, chicken, frozen	1 cup	5	Lasagna, vegetable, frozen	1 cup	5
Latte, made with low-fat milk	1 small	3	Lavash	1/4 of 10" cracker or 2-1/4 oz.	6
Leeks, cooked or uncooked	1 cup or 2 oz.	0	Lemon	1	0
Lemonade	1 cup	2	Lentils, dry	1/3 cup	1
Lettuce, any type	1 cup	0	Lychees, fresh	10 medium (6 oz.)	1
Licorice	1 oz.	2	Liqueurs, any type	1 jigger	4
Liquor (gin, rum, scotch, tequila, vodka, whiskey)	1 jigger	2	Liver, beef, cooked	1 slice	2
Liver, chicken, cooked	1/2 cup	2	Liverwurst	1 oz.	3
Lobster meat, canned	1/2 cup or 4 oz.	2	Lobster salad	1/2 cup	4
Lobster, steamed	1	3	Loganberries	1 cup (5 oz.)	1
Lollipop	1	1	Loquats	10 (6 oz.)	1

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Lotus root, cooked	1 cup or 16 slices	1	Luncheon meat, canned	2 oz.	5
M					
Macadamia nuts	12 nuts (1 oz. shelled)	5	Macaroni	1 cup cooked	3
Macaroni salad	1/2 cup	6	Macaroons	2	2
Mackerel, canned	1/4 cup	2	Mackerel, cooked	1 fillet	8
Mandarin orange, fresh	1	1	Mandelbrot	2 slices	2
Mango	1	2	Manhattan		3
Manicotti shells, dry	2	2	Maraschino cherry	1	0
Margarine, fat-free	4 tbsp	1	Margarine, regular	1 tsp	1
Margarita	1	5	Marinara sauce	1/2 cup	3
Marshmallows	2 medium	1	Martini	1	3
Marzipan	1 oz.	3	Matzo, any type	1 board	2
Mayonnaise, fat-free	4 tbsp	1	Mayonnaise, regular, commercial and homemade	1 tsp	1
Meat, canned	2 oz.	3	Meat, ground, cooked	1 patty	6
Meat loaf	1 slice	8	Menudo, canned	1 cup	4
Mexican coffee	1 (with 2 tbsp whipped cream)	3	Milk, calcium-fortified (1%)	1 cup	2
Milk, calcium-fortified, skim	1 cup	2	Milk, evaporated, whole	1/2 cup	3
Milk, instant non-fat dry	1/3 cup powder	2	Milk, lactose-reduced, nonfat	1 cup	2
Milk, sweetened, condensed	1/3 cup	7	Milk, whole	1 cup	4
Milk shake, any flavor	1	9	Millet	1/3 cup cooked or 3/4 oz. uncooked	1
Mimosa	1	2	Mincemeat, store-bought	1/4 cup	3
Minestrone soup	1 cup	4	Mint, chocolate-covered	1 (2-1/2" diameter)	3
Moose, cooked	1 oz.	1	Mornay sauce	1/4 cup	4
Muffin, any type (other than bran)	1 large	6	Muffin, bran	1 large	5
Mulberries	1 cup	1	Mulligatawny soup	1 cup	1
Mushrooms	1 cup	0	Mussels, cooked	1/2 cup	1
N					
Napoleon	1 (4-1/2" x 2" x 1-1/2")	13	Nectar, any type	1/2 cup	1
Nectarine	1	1	Noodles, egg	1 cup cooked or 1-1/2 oz. uncooked	3
Nuoc cham	1 tbsp	0	Nuts, mixed	1 oz. shelled	4
O					
Oat milk, any flavor	1 cup	2	Oil, vegetable	1 tsp	1
Okra, cooked	1 cup	0	Olives	10 small or 6 large	1
Onions, cooked	1 cup	1	Opossum, cooked	1 oz.	1
Orange	1	1	Orange juice, any type	1/2 cup	1
Ostrich, cooked	1 oz.	1	Oysters, cooked	1/2 cup	1
P					
Paella	1 cup	7	Pancake (homemade, frozen or made from mix)	1	2
Panettone	1/12 of 9" tube	6	Papaya	1/2 (8 oz.) or 1 cup (5 oz.)	1
Paprikash	2 cups	9	Parsnips, cooked or uncooked	1 cup	1
Passion fruit	3	1	Pasta, any type	1 cup cooked or 1-1/2 oz. uncooked	3
Peach, fresh	1	1	Peanuts	40	4
Peanut butter	1 tbsp	2	Pear, fresh	1	1
Peas, dry, split	1/3 cup or 2 oz. cooked or 3/4 oz. uncooked	1	Pecans	14 halves	5
Pepper, bell/chili	1 cup	0	Pepperoni	1 oz.	4
Perch, cooked	1 fillet	4	Pesto sauce	2 tbsp	1
Pheasant, cooked	1 oz.	1	Pickle, unsweetened	1 cup/1 medium	0
Pie crust, any type	1/8 of 9" one-crust pie	5	Pigeon, cooked	1 oz.	1
Pike, cooked	1 fillet	4	Pimientos, canned	1 cup, 6 whole or 8 oz.	0
Pina Colada	1	6	Pineapple, fresh	1/4 (12 oz.) or 1 cup	2

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Pineapple juice	1/2 cup (4 fl. oz.)	1	Pistachios	40 nuts	4
Plums	2	1	Polenta	1/4 cup cooked	4
Pomegranate	1	2	Pomelo (pummelo)	1	3
Popcorn, buttered, popped	3 cups	7	Pork, cooked	1 slice, 1 chop, 1/2 cup cubed or shredded	5
Pork rinds	1 oz.	4	Pork (lean, cooked)	1 slice, 1 chop, 1/2 cup cubed or shredded	3
Potato, white/sweet	1 large	3	Potato chips	14	4
Potatoes, mashed	1/2 cup	2	Potatoes, home-fried	1 cup	4
Potato salad	1/2 cup	6	Poultry, ground, cooked	1 patty	5
Poultry, ground, lean (10% or less fat) cooked	1 patty	4	Pretzels, hard or Bavarian	1	2
Prickly pear (cactus pear)	1	1	Profiterole	1 small	2
Prunes	2	1	Pudding, any flavor	1 cup	7
Pumpkin	1 cup	0	Pumpkin leaves	1 cup	0
Q					
Quail, cooked	1 oz.	2	Quenelles	8	14
Quince	1	1	Quinoa	2 tbsp dry	1
R					
Rabbit, cooked	1 oz.	1	Raccoon, cooked	1 oz.	2
Radish, white	1 cup	0	Raisins	1/4 cup	2
Raspberries	1-1/2 cups	1	Ratatouille	1 cup	5
Red snapper, cooked	1 fillet	4	Relish, any type	1 tsp	0
Remoulade sauce	1 tbsp	2	Rice, brown	1 cup cooked	4
Rice, white	1 cup	4	Rice crackers	8	1
Risotto	1/2 cup	4	Roux, store-bought	1 tbsp	5
Rugelach	1 piece	3	Rum	1 jigger	2
S					
Saimin	1 cup	2	Salad, mixed greens	1 cup	0
Salami, any type	1 oz.	3	Salmon, smoked	1 oz.	1
Salsa	1/2 cup	0	Saltines	6	2
Sangria	4 fl. oz.	2	Sausage, beef or pork, cooked	1 link or patty	3
Scallions (green onions)	1 cup or 16 medium	0	Scallops, cooked	1/2 cup	1
Schnapps, any flavor	1 fl. oz.	2	Scone	1 triangle	5
Scotch	1 jigger	2	Screwdriver	1	4
Seafood salad, store-bought	1/2 cup	6	Seeds, caraway/poppy/sesame	1 tsp	0
Seeds, pumpkin or sunflower	1 tbsp	1	Seitan	2 slices	1
Shallots	1 cup or 6 oz.	0	Shark, cooked	1 steak	4
Sharon fruit	3 oz.	1	Shells, jumbo, dry	3	2
Sherry, dry or sweet	3 fl. oz.	2	Shrimp, cooked	1/2 cup	1
Shrimp, canned	1/2 cup	4	Sloppy joe	1	8
Smelt, cooked	1 oz.	1	Snow peas (Chinese pea pods)	1 cup	0
Soda, club	1 can or bottle	0	Soft drinks, diet, any flavor	1 can or bottle	0
Sole, cooked	1 fillet	4	Sour cream, light	3 tbsp	1
Sour cream, regular	1 tbsp	1	Soybeans, dry	1/3 cup or 2 oz. cooked or 3/4 oz. uncooked	1
Soy cheese, regular	1 slice	2	Soy flour	3 tbsp	2
Soy milk	1 cup	2	Soy sauce	1 tbsp	0
Spaghetti	1 cup cooked or 1-1/2 oz. uncooked	3	Spaghetti Bolognese	1 cup spaghetti with 1/2 cup sauce	9
Spaghetti Carbonara	1 cup	10	Spanish sauce	1/2 cup	1
Spinach, cooked or uncooked	1 cup	0	Sports drink	1 cup	1
Sprouts, alfalfa/bean	1 cup	0	Squab	1 oz. cooked	1
Squid, cooked	3 oz.	2	Squirrel, cooked	1 oz.	1
Steak, cooked	1 small	7	Steak, lean	1 small	5

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Strawberries, fresh or frozen	1 cup	1	Strudel, any type	1 piece	8
Sugar, any type	1 tbsp	1	Sweetbreads, cooked	1 oz.	1
Sweet potatoes in syrup, canned	1 cup	4	Swordfish, cooked	1 steak	4
Syrup, regular, any type	1 tbsp.	1	Szechuan chicken, frozen	1 cup	5
T					
Tabouli	1/2 cup	4	Taffy	1 oz.	3
Tahini (sesame paste)	2 tbsp.	3	Tamarinds	10	1
Tangelo	1	1	Tangerine	1	1
Tapioca	1 tsp. uncooked	0	Taquitos, frozen	2	3
Tartar sauce	1 tbsp	2	Tart shell	1 (4" diameter)	6
Tea, decaffeinated or regular, sweetened	1 cup	2	Tequila	1 jigger	2
Thai coffee or tea	1 cup	6	Tiramisu	1 piece	10
Tofu, any type	1/3 cup	2	Tomato, regular, fresh	1 cup or 1 medium	0
Tomatoes, cherry	12	0	Tomato juice	1 cup	0
Tomato paste, canned	1/4 cup	0	Tomato puree, canned	1/2 cup	0
Tortilla, any type	2 (4" diameter), 1 (6" diameter), 1/2 (10" diam)	2	Tripe, cooked	1 oz.	1
Trout, rainbow, cooked	1 fillet	4	Tuna, canned in water, drained	1/2 cup	3
Tuna, cooked	1 steak	4	Turkey, ground, cooked	1 patty	5
Turkey, lean, ground, cooked	1 patty	4	Turnips, cooked	1 cup	0
V					
Veal, regular, cooked	1 slice, 1 chop, 1/2 cup cubed or shredded	4	Veal, lean, cooked	1 slice, 1 chop, 1/2 cup cubed or shredded	3
Vegetable juice, mixed	1 cup	0	Vegetable oil	1 tsp	1
Vegetables, fried	1 cup	6	Vegetables, mixed, drained	1/2 cup	0
Venison, cooked	1 oz.	1	Vichyssoise	1 cup	5
Vinegar	1 tbsp.	0	Vodka	1 jigger	2
W					
Waffle, any type	1 (7" square)	6	Waffle, any type, made from mix/frozen	1 (4" square) or 1-3/4 oz.	2
Waldorf salad	1/2 cup	6	Walnuts	14 halves	5
Water chestnuts	1 cup	1	Watercress	1 cup	0
Watermelon	2" slice or 1 cup	1	Water or mineral water	1 cup	0
Wax gourd (Chinese winter melon)	1 cup	1	Wheat germ	3 tbsp	1
Whiskey	1 jigger	2	Whiskey sour	1	3
Whitefish and pike, large, store-bought	1	2	Whiting, cooked	1 fillet	4
Wiener schnitzel	4 oz.	11	Wine, dessert, dry	2 fl. oz.	1
Wine, dessert, sweet	2 fl. oz.	2	Wine sauce	1/4 cup	3
Wontons, boiled	6	4	Wontons, fried	6	10
Y					
Yams, cooked	1 large or 1 cup	3	Yams, sweetened, canned in syrup	1 cup	3
Yeast	1 cup	0	Yogurt, fat-free, flavored, sweetened with sugar	1 cup	3
Yogurt, frozen, fat-free, no sugar added	1 scoop or 1/2 cup	2	Yogurt, frozen, low-fat	1 scoop or 1/2 cup	0
Yogurt, plain	1 cup	4	Yogurt drink	1 cup	5
Z					
Zabaglione	1/2 cup	4	Zeppole	1 (4" diameter)	5
Zucchini, breaded, frozen	6	4	Zucchini bread	1 slice	5
Zuppa di pesce	2 cups	12	Zwieback	3 (3/4 oz)	2