

Smiley's Points creates recipes that make you smile, I also want to give you great information that makes you smile :)

This list was created to help you understand what is actually in the zero point foods and also to help you make fantastic decisions. I truly want you to succeed in losing weight and achieving your goals. I know this list helps me to control my carb intake and continue to lose weight without a prolonged plateau. I truly hope it helps you too :)

Adzuki beans	1 cup	294	57	16.8
Alfalfa sprouts	1 cup	7.6	.7	.6
Bean sprouts	1 cup	31.2	6.2	1.9
Black Beans	1 cup	227	40.8	15
Black-eyed peas	¾ cup	200	36	11
Cannellini beans	1 cup	296	53.6	13.4
Chickpeas	1 cup	756	121	34.8
Edamame	1 cup	130	11.5	5.7
Fava beans	1 cup	111	22.2	0
Great Northern Beans	1 cup	620	114	37.0
Hominy	1 cup	119	24	4.1
Kidney Beans	1 cup	215	41.1	13.6
Lentils				
Lima beans	1 cup	190	35.9	11.6
Lupini beans	1 cup	198	16.4	4.6
Navy beans	1 cup	296	53.6	13.4
Pinto beans				
Refried beans	1 cup	182	32.2	10.9
Soy beans	1 cup	254	19.9	7.6

Ground Chicken Breast	4 ounces	170	0	25 protein
Ground Turkey 98% fat free	4 ounces	120	0	26
Ground turkey breast	4 ounces	170	0	21
Skinless chicken breast	4 ounces	130	0	27.2 protein
Skinless turkey breast	4 ounces	123	0	27.3

Cottage Cheese plain non-fat	1 cup	104	9.7	15
Greek yogurt plain non-fat	1 cup	220	9	23
Plain yogurt non-fat Quark, plain up to 1% fat	1 cup	173	9.8	0
Soy yogurt, plain	1 cup	150	22	.9 fiber 6g protein

Egg substitute liquid	4 ounces	84	.6	12
Egg whites	1 large	15.8	.2	3.6
Egg yolks	1 large	53.9	.6	2.7
Eggs	1 xtra large	80	.4	7.0 protein

Abalone	3 ounces	89.3	5.1	0
Alaskan king crab	1 leg	144	0	0

anchovies	3 ounces	111	0	0
Arctic char	8 ounces	468	0	0
Bluefish	5 ounces	186	0	0
Canned tuna in water	1 cup	179	0	0
carp	7 ounces	277	0	0
Catfish	5 ½ ounces	215	0	0
Caviar	1 tablespoon	40.3	.6	0
Clams	1 cup	168	5.8	0
Cod Atlantic	8 ounces	189	0	0
Cod Pacific	4 ounces	95.1	0	0
Crab meat lump	1 cup	134	0	0
Crayfish	3 ounces	61.2	0	0
Cuttlefish	3 ounces	67.2	.7	0
Dungeness Crab	3 ounces	73.1	.6	0
Eel	7 ounces	375	0	0
Fish roe	1 tablespoon	20	.2	0
Flounder	6 ounces	148	0	0
Grouper	9 ounces	238	0	0
Haddock	7 ounces	168	0	0
Halibut	7 ounces	224	0	0
Herring	6.5 ounces	291	0	0
Lobster	1 whole	135	.7	0
Mahi Mahi	7 ounces	173	0	0
Monkfish				
Mussels	1 cup	129	5.5	0

Octopus	3 ounces	69.7	1.9	0
Orange Roughy	3 ounces	64.6	0	0
Oyster	1 medium	40	2.5	0
Perch	2 ounces	54.6	0	0
Pike	5.5 ounces	148	0	0
Pollock	7 ounces	178	0	0
Pompano	4 ounces	184	0	0
Salmon	3 ounces	175	.2	0
Sardines, canned in water or sauce	3 ounces	166	.7	.1
Sashimi	4 ounces	140	1	0

Scallops	3 ounces	74.8	2.0	0
Sea Bass	4.5 ounces	125	0	0
Sea Cucumber	1 ounce	15.7	0	0
Sea Urchin	3 ounces	102	3	0
Shrimp	4 large	29.7	.3	0
Smelt	3 ounces	82.5	0	0
Smoked haddock	3 ounces	98.6	0	0
Smoked Salmon	1 cup	159	0	0
Smoked sturgeon	3 ounces	147	0	0
Smoked trout	3 ounces	144	0	0
Smoked whitefish	1 cup	147	0	0
Snails	1 ounce	25.2	.6	0

Snapper	7 ounces	218	0	0
Sole	6 ounces	148	0	0
Squid	3 ounces	78.2	2.6	0
Steelhead Trout	4 ounces	159	0	0
Striped Bass	5.5 ounces	154	0	0
Sturgeon	3 ounces	89.3	0	0
Swordfish	5 ounces	165	0	0
Tilapia	4 ounces	96	0	0
Trout	3 ounces	117	0	0

Tuna	1 can in water	191	0	0
Turbot	7 ounces	194	0	0
Wahoo	8 ounces	356	0	0
Whitefish	7 ounces	265	0	0

Fruit	Serving Size	Calories	Carbs	Fiber
Apples	1 large	116	30.8	5.4
Applesauce (unsweetened)	1 cup	102	27.5	2.7
Apricots	1 cup	74.4	17.4	3.1
Bananas	1 medium	105	27.0	3.1
Blackberries	1 cup	61.9	14.7	7.6
Blueberries	1 cup	84.4	21.4	3.6
Cantaloupe	1 cup	60.2	15.6	1.6
Cherries	1 cup	86.9	22.1	2.9
Clementines	1 fruit	34.8	8.9	1.3

Cranberries (fresh)	1 cup	50.6	13.4	5.1
Dragonfruit	1 fruit	61	15	3
Figs (fresh)	1 large	47.4	12.3	1.9
Frozen mixed berries (unsweetened)	1 cup	65	15	5.6
Fruit cocktail (unsweetened)	4 ounces	40	11	1
Grapefruit	½ fruit	51.7	13.1	2.0

Fruit	Serving Size	Calories	Carbs	Fiber
Grapes	1 cup	61	15.8	.8
Guava	1 cup	112	23.6	8.9
Honeydew	1 cup	63.7	16.1	1.4
Kiwi	1 large fruit	55.5	13.3	2.7
Kumquats	1 fruit	13.5	3.0	1.2
Lemons	1 fruit	21.6	11.6	5.1
Limes	1 fruit	20.1	7.1	1.9
Mangoes	1 cup sliced	107	28.1	3.0
Nectarines	1 large	68.6	16.5	2.7
Oranges	1 fruit	69.4	17.4	3.6
Papayas	1 large	148	37.3	6.8
Peaches	1 large	68.3	17.3	2.6
Pears	1 small	85.8	22.9	4.6
Persimmons	1 fruit	31.8	8.4	0
Pineapples	1 cup	82.5	21.6	2.3

Fruit	Serving Size	Calories	Carbs	Fiber
Plums	1 fruit	30.4	7.5	.9
Pomegranates	1 fruit	234	52.7	11.3
Pomelo	1 cup	72.2	18.3	1.9
Raspberries	1 cup	64.0	14.7	8.0
Star Fruit	1 large	38.4	8.4	3.5
Strawberries	1 cup halves	48.6	11.07	3.0
Tangerines	1 large	63.6	16.0	2.2
Watermelon	1 cup balls	46.2	11.6	.6

Potatoes	Serving Size	Calories	Carbs	Fiber
Baby Potatoes	1 cup	67.9	15.7	1.4
Baked Potatoes	1 large	278	63.2	6.6
Baked sweet potatoes	1 cup	180	41.4	6.6
Canned sweet potatoes (unsweetened)	7 ounces	200	46.1	2.49
Cassava	1 cup	330	78.4	3.7
Fingerling Potatoes	1 cup	148	34	3.1
Frozen potatoes	1 cup	142	31.8	2.2
Idaho potatoes	1 cup diced	113	26	2.7
Japanese sweet potatoes	1 medium	264	63	4.6
Mashed potatoes plain	1 cup	237	36	3.2
New potatoes	2/3 cup	87	20.1	1.8

Oven-roasted potato wedges without oil	10 pieces	275	36	3.3
Oven-roasted sweet potato fries without oil	1 cup	180	41.4	6.6
Purple potatoes	3.5 ounces	87	20	3.3
Red potatoes				

Roasted Potatoes without oil	1 potato	266	58.6	5.4
Roasted sweet potatoes without oil	1 large	162	37.3	5.9
Russet potatoes	1 medium	168	38.5	2.8
Sweet potatoes	1 potato	112	26.2	3.9
Taro	1 cup	116	27.5	4.3
White potatoes	1 large	255	62.9	8.9
Yams	1 cup cubed	177	41.8	6.1
Yellow Potatoes	$\frac{2}{3}$ cup	87	20.1	1.8
Yucca	1 cup	330	78.4	3.7
Yukon gold Potatoes	1 medium	164	39	5

Tofu	Serving Size	Calories	Carbs	Fiber
Firm tofu	$\frac{1}{2}$ cup	183	5.4	2.9
Silken tofu	3 ounces	62.0	2.4	.1
Smoked tofu	3 ounces			1

Soft tofu	1 cup	151	4.5	.5
Tempeh	1 cup	320	15.6	0

Vegetable	Serving Size	Calories	Carbs	Fiber
Canned Corn	1 cup	133	30.8	3.1
Corn	1 ear	58.6	14.1	1.8
Green Peas	1 cup	117	21.0	7.4
Parsnips	1 cup	99.7	23.9	6.5
Peas	1 cup	117	21.0	7.4
Split Peas	3 ounces	341	60.4	25.5
Succotash	3 ounces	99	19.6	3.8

Vegetables (non starchy)	Serving Size	Calories	Carbs	Fiber
Acorn squash	3 ounces	40	10.4	1.5
Artichoke hearts no oil	1 medium	63.6	14.3	10.3
Artichokes	1 medium	63.6	14.3	10.3
Arugula	½ cup	2.5	.4	.2
Asparagus	1 cup	26.8	5.3	2.8
Baby corn	½ cup	25.3	5.6	.6
Bamboo shoots	1 cup	24.9	4.3	1.8
Basil	2 Tbsp	1.2	.1	.1
Beet Greens	1 cup chopped	38.8	7.8	4.18
Beets	1 cup	58.5	13.0	3.8
Bok Choy	1 cup	20.4	3.1	1.7

Broccoli	1 cup	30.9	1.2	1.1
Broccoli rabe	1 cup	8.8	14.3	10.3
Broccoli slaw	3 ounces	25	5	2

Vegetable	Serving Size	Calories	Carbs	Fiber
Brussels sprouts	1 cup	37.8	7.9	3.3
Butter Bibb Lettuce	1 cup	7.2	1.2	.6
Butternut Squash	1 cup	63	16.4	2.8
Cabbage	1 cup chopped	22.2	5.2	2.2
Canned pimientos	1 cup	44.2	9.8	3.6
Carrots	1 cup chopped	52.2	12.3	3.6
Cauliflower	1 cup florets	25	5.3	2.5
Cauliflower Rice	1 cup	25	5.3	2.5
Celery	1 cup chopped	16.2	3.5	1.6
Chives	1 Tbsp	.9	.5	.1
Cilantro	¼ cup	.9	.1	.1
Coleslaw mix	3 ounces Taylor Farms	20	5	2
Collard Greens	1 cup chopped	10.8	2.0	1.3
Cucumber	1 cup peeled	16	2	.6

Vegetable	Serving Size	Calories	Carbs	Fiber
Eggplant	1 cup	32.7	8.1	2.5
Endive	½ cup chopped	4.3	.8	.8

Escarole	½ cup	107	21	11
Fennel	1 Tbsp	19.8	3	2.3
Frozen stir fry vegetables	3 ounces	40	8	2
Garlic	1 cup florets	41.7	9.3	.6
Ginger	1 Tbsp	18	3.7	.7
Green leaf lettuce	1 cup shredded	5.4	1	.5
Hearts of Palm	1 ounce	32.2	7.2	.4
Iceberg lettuce	1 cup shredded	10.1	2.3	.9
Jicama	1 medium	38	8.82	4.9
Kale	1 cup chopped	33.5	6.7	2.5
Kohlrabi	1 cup sliced	47.8	11.0	1.8
Leeks	1 head	32.7	8.1	2.5

Vegetable	Serving Size	Calories	Carbs	Fiber
Mint	2 Tbsp	2	.48	.3
Mixed greens	3 ounces	24	4.4	1.7
Mushrooms Portabello	1 cup	22.4	4.4	1.3
Mushrooms white	1 cup	15.4	2.3	.7
Mustard greens	1 cup chopped	14.6	2.7	1.8
Napa Cabbage	1 cup	13.1	2.4	2
Nori	26 grams	9	1.3	.1
Oakleaf lettuce	1 cup shredded	5	1	.5

Okra	1 cup	33	7	3
Onions	1 medium	44	10.3	1.9
Oregano	1 tsp	3.1	.6	.4
Parsley	1 Tbsp	4.1	.8	.5
Pea Shoots	1 cup	40	8	3
Peppers (green)	1 cup chopped	29.8	6.9	2.5
Pickles (unsweetened)	1 medium	11.7	2.7	.8

Vegetable	Serving Size	Calories	Carbs	Fiber
Pico de gallo	¼ cup	11	2	1
Pumpkin	1 cup	49	12.01	2.7
Pumpkin puree	1 cup	83.3	19.8	7.1
Radishes	1 cup	18.6	4.0	1.9
Red leaf Lettuce				
Romaine Lettuce	1 cup shredded	4.5	.6	.3
Rosemary	1 Tbsp	2	.3	.2
Rutabaga	1 cup	50.4	11.4	3.5
Salsa fat-free	2 Tbsp	10	2	0
Sauerkraut	1 cup	32	7.3	2.6
Scallions	1 cup	32	7.3	2.6
Shallots	1 tablespoon	7.2	1.7	>.1
Spaghetti Squash	1 cup cubed	31.3	7	0
Spinach	1 cup chopped	6.9	1.1	.7

Vegetables	Serving Size	Calories	Carbs	Fiber
String Beans	1 cup	34.1	7.8	3.7
Summer Squash	1 cup sliced	18.1	3.8	1.2
Swiss Chard	1 cup chopped	6.8	1.3	.6
Tarragon	1 tsp	1.5	.3	0
Thyme	1 tsp	2.8	.6	.4
Tomatillos	1 medium	10.9	2.0	.6
Tomato puree canned	1 cup	95	22.5	4.8
Tomato sauce Canned	1 cup	58.8	14.1	3.7
Tomatoes	1 plum	11.2	2.4	.7
Turnips	1 cup cubed	36.4	8.4	2.3
Water chestnuts	3.5 ounces	97	23.9	3
Wax beans	½ cup	15	3	1
Zucchini	1 cup	17	3	1

Pasta and Grains	Serving Size	Calories	Carbs	Fiber
Air popped popcorn no oil or sugar	1 cup	31	6.2	1.2
Air popped popcorn with no sugar or oil added with salt or spices	1 cup	31	6.2	1.2
Amaranth	1 cup	716	127	12.9
Ancient grain mix, no seeds	1 cup	251	46	5

Barley, pearled	1 cup	704	155	31.2
Black bean pasta	2 ounces	212	28	7.4
Brown basmati rice	¼ cup	180	40	4
Brown rice	1 cup	685	143	6.5
Brown rice cereal 100%	1 cup	124	27.5	2.3
Brown rice noodles	1 cup	491	121	.7
Brown rice pasta	1 cup	491	121	7

Pasta and Grains	Serving size	Calories	Carbs	Fiber
Brown rice -quinoa blend	1 cup	220	43	2
Buckwheat	1 cup	583	122	17
Buckwheat soba noodles	6 ounces	249.9	52	2
Bulgur	1 cup	479	106	25.6
Chickpea pasta	2 ounces	190	32	8
Corn pasta	1 cup	176	39.1	6.7
Edamame pasta	4 ounces	420	44	22
Farro	¼ cup	140	30	3
Freekeh	¼ cup	130	28	4
Instant brown rice	1 cup	216	44.8	3.5
Instant oatmeal plain	1 cup	159	29.3	4

Kamut	4 ounce	337	70.4	9.1
Kasha	1 cup	346	74.9	10.3
Lentil pasta (red)	2 ounces	180	34	6
Millet	4 ounces	378	72.9	8.5
Oatmeal plain	1/3 cup	102	18.6	2.7
Pea pasta	3/4 cup	190	30	5
Popcorn kernels for at home popping	1 ounce	105	20.8	3.6
Quick-cooking regular oats	1/3 cup	102	18.6	2.7
Quick-cooking steel-cut oats	1/4 cup	170	28	4
Quinoa	3.5 ounces	368	64.2	7.0

Pasta and Grains	Serving Size	calories	Carbs	Fiber
Quinoa pasta	1 cup	226	46	4.9
Red quinoa	1 cup	222	40	5
Rolled oats	1 cup	307	55.9	8.2
Rye berries	1 cup	556	118	24.7
Shirataki noodles	4 ounces	10	3	3
Sorghum	1 cup	651	143	12.1
Soybean pasta	2 ounces	212	28	7.4
Spelt	4 ounces	338	71.4	10.7
Spelt berries	1 cup	246	51	7.6

Steel-cut oats	½ cup	170	28	4
Teff	½ cup	354	70.6	7.7

Pasta and Grains	Serving Size	Calories	carbs	Fiber
Thai brown rice	3.5 ounces	320	64	4
Tri-color quinoa	1 cup	120	21.3	2.8
Wheat berries	3.5 ounces	329	68	12.2
Whole-grain pasta	1 cup	174	37.2	6.3
Whole-grain sorghum	1 cup	651	143	12.1
Whole-wheat couscous	1 cup	651	134	8.7
Whole-wheat pasta	1 cup	174	37.2	6.3
Wild-Rice	1 cup	571	120	9.9
Wild rice-brown rice blend	3.5	101	21	2