



Finding tasty low fat foods doesn't have to be a daunting task.
The products contained in this list contain 3g of Total Fat or less per the label serving size.
This is only a mere sampling of the low fat products available at your local Trader Joe's.

Entertaining Choices

Bruschetta
Spanakopita (frozen)
Salsa Autentica
Thai Vegetable Gyoza (frozen)
Eggplant Dip

Healthy Choices

Fat Free Balsamic Vinaigrette
Joe's O's
Low Fat Rye Mini Toasts
Sliced Soy Cheese
Tuna in Yellow Curry Sauce
Fat Free Feta
0% Greek Yogurt

Meals

Chicken Fajitas (frozen)
Chicken Fried Rice (frozen)
Clam Chowder
French Toast (frozen)
Italian Mini Ravioli with Cheese Filling
Mushroom Risotto (frozen)

Organics

Organic Applesauce
Organic Creamy Tomato Soup
Organic Golden Flax Cereal
Organic Midnight Moo Chocolate Syrup
Organic Quinoa
Organic Pesto

Snacks & Sweets

Chocolate Chip Meringues
Coffee Rios
Fat Free Caramel Popcorn
Honey Whole Wheat Pretzel Sticks
Pita Chips
Cat Cookies