

"To eat is a necessity, but to eat intelligently is an art."
- La Rochefoucauld

TRADER JOE'S® FAT FREE PRODUCTS



Careful fat intake is intelligent and can be achieved through moderation and inclusion of products that contain **.5 grams of fat per serving or less** (aka, Fat Free). We carry a selection of Fat Free Products that make perfecting this art form a pursuit of enjoyment. Please note, this list is not all-inclusive. We do our best to keep the information as up to date and as accurate as possible, but we do introduce and discontinue products all the time, so keep your eyes open and always read product labels.

BEVERAGES

Shelf Non-Bubbly

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| 100% Cranberry Juice | Low Sodium Garden Patch |
| All Natural Apple Juice | Mango Green Tea |
| Apple Grape Juice | Mango Nectar |
| Apple Cranberry Juice | Mango Passion Fruit Blend |
| Beet & Purple Carrot Juice | Nutrient Enhanced Waters (Lemonade, Fruit Punch, Tropical Citrus, & Dragonfruit) |
| Black Raspberry Juice | Orange & Bergamot Green Tea |
| Blackberry Crush | Organic 100% Pomegranate |
| Blueberry Estate | Organic Apple Juice |
| Blueberry Pomegranate | Organic Apple Cranberry Juice |
| Blueberry Pomegranate Green Tea | Organic Cranberry Harvest |
| Cherry Cider | Organic Lemonade |
| Concord Grape Juice | Organic Mango Lemonade |
| Cranberry Raspberry Blend | Organic Pink Lemonade |
| Dixie Peach | Organic Spiced Cider (seasonal) |
| Dynamo Plus Calcium | Organic Tea & Lemonade |
| Electrolyte Enhanced Water | Organic Unfiltered Apple Juice |
| Fresh Pressed Apple Juice | Organic White Grape Juice |
| Gala Apple Juice | Pomegranate Green Tea |
| Grapefruit Sunset | Rio Red Grapefruit Blend |
| Green Plant | Strawberry Kiwi Juice |
| Green Tea Unsweetened | Strawberry Lemonade |
| Hibiscus Cranberry Blend | Trader Joe's Kids Reduced Calorie Drink Boxes |
| Joe's Kids Juice (Apple, Apple Grape Juice, Lemonade, White Grape Juice) | Triple Berry Juice |
| Just Blueberry | Tropical Carrot Juice Blend |
| Just Pomegranate Lemonade | Unfiltered Concord Grape Juice |
| Kettle Brewed Green & White Tea | Unfiltered Cranberry Juice Blend |
| Kettle Brewed Unsweetened Black Tea | Water – Mint or Lime Flavor |

BEVERAGES cont.

Shelf Bubbly

French Market (French Berry, Lemonade or Limeade)
Refreshers (Blueberry, Pomegranate, Tangerine)
Sparkling Juice (Apple Cider, Blueberry, Cranberry, Pomegranate)

CANDIES & COOKIES

Altoids Dark Chocolate Dipped Peppermint
Altoids Peppermint
Black Licorice Scottie Dogs
Blueberry Blast Yogurt Candy
Fat Free Meringues
Ginger Chews
Gummy Bears
Mango! Mango!
Organic Fruit Drops
Organic Pops
Very Mini Meringue Cookies

CEREAL

Blueberry Muesli
Crisp Rice Cereal
Frosted Flakes
High Fiber Cereal
Organic Corn Flakes

DAIRY

Fat Free Cottage Cheese
Fat Free Milk
French Village Nonfat Yogurt
Greek Style Yogurt 0%

DRIED FRUITS & NUTS

Banana, Flattened
Black Mission Figs
Calimyrna Figs
Chile Spiced Mango
Dried Apricots
Dried Baby Sweet Pineapple
Dried Berry Medley
Dried Bing Cherries
Dried Blueberries
Dried Pitted Tart Montmorency Cherries
Dried White Peaches
Dried Wild Blueberries
Freeze Dried Banana
Freeze Dried Mango
Golden Berry Blend
Golden Raisins
Jumbo Raisin Medley
Just Mango Slices
New Zealand Sweet Apple Rings
Non-Sorbate Pitted Prunes

Orange Flavored Cranberries
Organic Dried Cranberries
Organic Thompson Seedless Raisins
Pitted Prunes
Soft & Juicy Mango
Slab Apricots
Thompson Seedless Raisins
Uncrystallized Candied Ginger
Unsulfured Apricots
Unsulfured Sweetened & Dried Mango

FRESH JUICE

Carrot Juice (ALL)
Green Protein
Mango & Antioxidants
Orange Juice (ALL)
Pineapple Juice
Pomegranate Blueberry
Very Green
Strawberry Lemonade
Unsweetened Green Tea w/ Mint

FROZEN

Fruits & Desserts

100% Frozen Concentrate Orange Juice
Blueberries
Fancy Berry Medley
Four Fruit Frenzy Bars
Fruit Floes (Caribbean, Lime, Strawberry)
Organic Orange Juice Concentrate
Strawberries
Sorbet (Lemon, Mango)
Very Cherry Blend
Wild Blueberries

Vegetables

Artichoke Hearts
Asparagus Spears
Broccoli Florets
Chopped Spinach
Dorot Crushed Garlic
Fire Roasted Bell Peppers & Onions
French Green Beans
Mélange a Trois
Organic Green Beans
Petite Peas

Other

Argentinean Red Shrimp
Biryani
Sweet & Sour Shrimp With Rice
Uncooked Shrimp

GROCERY

Dressings, Marinades, Sauces & Spreads

All Natural Barbecue Sauce
Balsamic Vinegar
Canola Oil Spray
Chili Pepper Sauce
Crushed Garlic
Deli Style Spicy Brown Mustard
Dijon Mustard
Fat Free Balsamic Vinaigrette
Fat Free Pizza Sauce
General Tsao Stir Fry Sauce
Gold Quality Balsamic Vinegar
Italian Olive Oil Spray
Jalapeno Pepper Hot Sauce
Kansas City Style Barbecue Sauce
Marsala Sauce
Orange Muscat Champagne Vinegar
Organic Ketchup
Organic Spaghetti Sauce with Mushrooms
Organic Tomato Paste
Organic Tomato Sauce
Organic Yellow Mustard
Red Wine Vinegar
Seasoned Rice Vinegar
Tomato Chutney
Unfiltered Apple Cider Vinegar
White Balsamic Vinegar

Grains

Arborio Rice
Brown Rice Fully Cooked
Brown Rice Medley
Mushroom & Herb Risotto
Organic Basmati Rice
Organic Polenta
Rice Pilaf
White Basmati Rice

Baking and Cooking Supplies

100% Desert Mesquite Honey
100% Pure Stevia 1oz
21 Seasoning Salute
Baking Soda
Basil
California Garlic Powder
Cinnamon Sticks
Clover Blossom Honey
Creamed Honey
Dill
Dundee Orange Marmalade
Grade A Maple Syrup (100% Pure, 100%
Pure No Drip, Organic)
Grade B Maple Syrup (100% Pure, 100%
Pure No Drip, Organic)
Ground Cumin

Kosher Flake Salt
Lemon Pepper with Grinder
Organic Blue Agave Sweetener
Organic Brown Sugar
Organic Evaporated Cane Juice Sugar
Organic Midnight Moo Chocolate Syrup
Organic Pumpkin (Seasonal)
Pure Bourbon Vanilla Extract
Pure Grade A Clover Honey
Pure Vanilla
Red Chile Pepper
Sea Salt (Regular, Coarse, Crystals w/
Grinder)
Stevia Extract
Stevia Packets
Turbinado Raw Cane Sugar
Unbleached All-Purpose Flour
Unbleached White Whole Wheat Flour

Fruit Sauces & Preserves

Big & Chunky Applesauce
Chunky Spice Applesauce
Honey Apple Butter
Mango Butter
Organic Apple Sauce (plain, w/ Cinnamon,
w/ Wild Berries)
Organic Fruit Spread (Blueberry, Strawberry,
Superfruit)
Organic Preserves Reduced Sugar
(Blackberry, Blueberry, Raspberry,
Strawberry)
Preserves (Apricots, Blueberries,
Blackberries, Boysenberry,
Raspberries)
Unsweetened Gravenstein Apple Sauce

Fruits, Vegetables, and Legumes

Artichoke Hearts
Black Beans
California Sun-Dried Tomatoes
Canned Mandarin Oranges
Cuban Style Black Beans
Dark Morello Cherries
Fire Roasted Red Peppers
Fire Roasted Yellow & Red Peppers
Fruit Crushers (Apple and Apple-Carrot)
Organic Baked Beans
Organic Black Beans
Organic Diced Tomatoes
Organic Garbanzo Beans
Organic Hearts of Palm
Organic Kosher Sandwich Pickles
Organic Mixed Fruit Cups
Organic Pinto Beans
Organic Sweet Bread & Butter Pickles
Pear Halves

GROCERY cont.

Pear Sauce 4-packs
Red Kidney Beans
Refried Black Beans w/ Jalapeno Peppers
Sweet Pineapple Chunks
Traditional Style Refried Beans
White Kidney Beans
Whole Peeled Plum Tomatoes w/ Basil
(Salted or No Salt)

Soups & Other

Organic Butternut Squash Soup (Reg or
Low Sodium)
Organic Hearty Vegetable Broth
Organic Low Sodium Chicken Broth
Organic Low Sodium Vegetable Broth
Organic Split Pea Soup
Savory Broth – Vegetable

REFRIGERATED

Lightlife Smart Dogs
Prepared Horseradish
Turkey Breast Tenders
Yves Meatless Ground

SNACKS**Crackers, Pretzels, & Popcorn**

Brown Rice Organic Rice Cakes
Caramel Pop Corn
Lundberg Organic Brown Rice Cakes
Oriental Rice Crackers
Pretzel Slims

Dips & Salsas

Chipotle Salsa
Corn & Chile Tomato-less Salsa
Double Roasted Salsa
Fat Free Spicy Black Bean Dip
Fire Roasted Tomato Salsa
Garlic Chipotle Salsa
Habanero and Lime Salsa
Pineapple Salsa
Roasted Garlic Salsa
Salsa Verde
Spicy Smoked Peach Salsa