

"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

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

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 Chewers Gum Peppermint
Altoids Chewing Gum Cinnamon
Altoids Dark Chocolate Dipped Peppermint
Altoids Peppermint
 Assorted Fruit Jellies
 Black Licorice Scottie Dogs
 Blueberry Blast Yogurt Candy
 Fat Free Meringues
Ginger Chews
 Organic Fruit Drops
 Organic Pops
 Very Mini Meringue Cookies

CEREAL

Blueberry Muesli
 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)
 Pomegranate Blueberry
 Very Green
 Strawberry Lemonade
 Unsweetened Green Tea w/ Mint

FROZEN**Fruits & Desserts**

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

Vegetables

Artichoke Hearts
 Asparagus Spears
 Broccoli Florets
 Brittany Blend
 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
Apple Cranberry Chutney
Balsamic Vinegar
Canola Oil Spray
Chili Pepper Sauce
Crushed Garlic
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
Wild & Basmati Rice Pilaf
Wild Rice Fully Cooked

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
Cracked Black Pepper
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
No Pudge Fudge Brownie Mix
Organic Blue Agave Sweetener
Organic Brown Sugar
Organic Evaporated Cane Juice Sugar
Organic Midnight Moo Chocolate Syrup
Organic Pumpkin
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
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
Wild Maine Blueberry Fruit Sauce

Fruits, Vegetables, and Legumes

Artichoke Hearts
Black Beans
Canned Mandarin Oranges
Cuban Style Black Beans
Dark Morello Cherries
Fire Roasted Red Peppers
Fire Roasted Yellow & Red Peppers
Guindilla Peppers
Mixed Wild Mushrooms
Organic Baked Beans
Organic Black Beans
Organic Diced Tomatoes
Organic Garbanzo Beans
Organic Hearts of Palm
Organic Kosher Sandwich Pickles
Organic Mixed Fruit Cups

GROCERY cont.

Organic Pinto Beans
Organic Sweet Bread & Butter Pickles
Pear Halves
Red Kidney Beans
Refried Black Beans w/ Jalapeno Peppers
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
Tongol Chunk Light in Water (No Salt
Added, Salt Added)

REFRIGERATED

Lightlife Smart Dogs
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
Sticky Rice Snacks

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