

# Kim Bensen's Guilt Free Grocery List

*No idea which products are the lightest?  
Here's a few suggestions to get you going...*



## BAKERY/DELI/PRODUCE

- Alouette Cucumber Dill Spread  
cal 50 | fat 4g | fib 0g | carb 2g  
serving size 2 Tb | ■
- Et Tu Salad Kit - Light Caesar  
cal 80 | fat 6g | fib 0g | carb 6g  
serving size 1/6 container | ■ ■
- ★ Isabella's Angel Food Cake, Sugar Free  
cal 90 | fat 0g | fib 5g | carb 26g  
serving size 1/5 | ■
- Mira Light Mango Nectar  
cal 65 | fat 0g | fib 1g | carb 17g  
serving size 8oz | ■
- ★ Sensible Choice Angel Food Cake, Sugar Free  
cal 90 | fat 0g | fib 5g | carb 29g  
serving size 1/5 | ■
- Wholly Guacamole  
100 Calorie Snack Packs  
cal 100 | fat 8g | fib 4g | carb 5g  
serving size 1 packet | ■ ■

## SNACKS/POPCORN/CHIPS

- Athenos Baked Whole Wheat Pita Chips  
cal 120 | fat 4g | fib 2g | carb 18g  
serving size 11 chips | ■ ■
- Curves Strawberries & Cream Granola Bar  
cal 100 | fat 2g | fib 5g | carb 19g  
serving size 1 bar | ■
- Emerald Coco Roast Almonds  
100 cal packs  
cal 100 | fat 8g | fib 2g | carb 4g  
serving size 1 pack | ■ ■
- Guiltless Gourmet Tortilla Chips  
cal 120 | fat 2g | fib 2g | carb 19g  
serving size 1 oz | ■ ■
- ★ Healthy Pop Jolly Time 94% FF Micro Popcorn  
cal 90 | fat 2g | fib 9g | carb 23g  
serving size 1/2 large bag | ■
- Kavli Garlic Crispbreads  
cal 83 | fat 2g | fib 3g | carb 17g  
serving size 5 pieces | ■

- Kernel Popcorn Seasonings  
cal 2 | fat 0g | fib 0g | carb 0g  
serving size 1/4 Tsp | □
- ★ Lays Light Potato Chips (plain & barbecue)  
cal 75 | fat 0g | fib 1g | carb 17g  
serving size 1 oz | ■
- NY Flat Bread  
cal 50 | fat 1.5g | fib <g | carb 7g  
serving size 1 piece | ■
- ★ NY Style Mini 96% Fat Free Garlic Bagel Chips  
cal 70 | fat 1g | fib 1g | carb 14g  
serving size 22 pieces | ■
- Old London Melba Snacks  
cal 50 | fat 1g | fib 1g | carb 11g  
serving size 4 pieces | ■
- Orville Redenbacher's Smart Pop 94% Fat Free  
cal 120 | fat 2g | fib 4g | carb 25g  
serving size 1/2 large bag | ■ ■
- Pringles Light Fat Free  
cal 70 | fat 0g | fib 1g | carb 15g  
serving size 15 pieces | ■
- Pringles Baked Stix (asst'd. flavors)  
cal 90 | fat 4g | fib 0g | carb 11g  
serving size 1 pack | ■ ■
- Quaker Quakes (asst'd. flavors)  
cal 60 | fat 1g | fib 0g | carb 13g  
serving size 7 mini cakes | ■
- ★ Ruffles Light Potato Chips  
(plain & cheddar/sour cream)  
cal 70 | fat 0g | fib 1g | carb 17g  
serving size 1oz | ■
- Smartfood Reduced Fat White Cheddar Popcorn  
cal 47 | fat 2g | fib 1g | carb 6g  
serving size 1 cup | ■
- Snack Factory Pretzel Crisps (asst'd. flavors)  
cal 110 | fat 0g | fib 1g | carb 23g  
serving size 11 crisps | ■ ■
- Soyato Chips  
cal 120 | fat 3g | fib 2g | carb 16g  
serving size 26 chips | ■ ■

- ❑ Trader Joes Very Mini Vanilla Meringues  
cal 100 | fat 0g | fib 0g | carb 24g  
serving size 100 pieces | ■ ■  
(75 pieces = ■)
- ❑ Tostidos Scoops, Baked  
cal 120 | fat 3g | fib 2g | carb 22g  
serving size 1 oz (15 scoops) | ■ ■
- ❑ Tree of Life Natural Wasabi Peas  
cal 120 | fat 4g | fib 2g | carb 17g  
serving size 1/4 cup | ■ ■
- ❑ Triscuit Thin Crisps  
cal 130 | fat 5g | fib 3g | carb 21g  
serving size 15 crackers | ■ ■

## GROCERIES

- ❑ Alessi Rosemary Breadsticks  
cal 110 | fat 1.5g | fib 1g | carb 22g  
serving size 9 sticks | ■ ■
- ❑ B&M No Sugar Added Homestyle Baked Beans  
cal 120 | fat 0g | fib 8g | carb 23g  
serving size 1/2 cup | ■ ■
- ❑ Beef Jerky, Harley-Davidson  
cal 80 | fat 1g | fib 1g | carb 4g  
serving size 1 oz | ■
- ❑ Betty Crocker Wild Blueberry Muffin Mix  
cal 128 | fat 1.8g | fib 0g | carb 26g  
serving size 1 muffin | ■ ■
- ❑ Biscotti Brothers Chocolate Almond Biscotti  
cal 100 | fat 3g | fib 1g | carb 15g  
serving size 1 oz | ■ ■
- ❑ Bogdon's Chocolate Dipped Confections  
cal 53 | fat 1g | fib 0g | carb 10g  
serving size 3 sticks | ■
- ❑ Bidgford Turkey Summer Sausage  
cal 90 | fat 5g | fib 0g | carb 1g  
serving size 2 oz | ■ ■
- ❑ Bidgford Turkey Pepperoni  
cal 80 | fat 4g | fib 0g | carb 1g  
serving size 12 slices | ■ ■
- ❑ Bumble Bee Chicken Breast w/seasonings  
cal 120 | fat 1g | fib 0g | carb 0g  
serving size 4 oz foil pouch | ■ ■
- ❑ Bumble Bee Skinless/Boneless Pink Salmon  
cal 90 | fat 5g | fib 0g | carb 0g  
serving size 2.2 oz drained | ■ ■
- ❑ Campbell's Soup at Hand, Vegetable Beef  
cal 70 | fat 1g | fib 1g | carb 10g  
serving size 1 container | ■
- ❑ \*Campbell's Soup at Hand, Chicken & Stars  
cal 70 | fat 2g | fib 1g | carb 10g  
serving size 1 container | ■
- ❑ Campbell's Soup at Hand, Italian Style Wedding  
cal 90 | fat 4.5g | fib 2g | carb 10g  
serving size 1 container | ■
- ❑ Campbell's Soup at Hand, Classic Tomato  
cal 120 | fat 0g | fib 2g | carb 27g  
serving size 1 container | ■ ■
- ❑ \*Campbell's 98% Fat Free Cream of Mushroom Soup  
cal 70 | fat 2.5g | fib 1g | carb 9g  
serving size 1/2 cup | ■
- ❑ \*Chatham Village Fat Free Garlic & Onion Croutons  
cal 60 | fat 0g | fib 0g | carb 10g  
serving size 4 tbsp | ■
- ❑ Chi-Chi's Medium Salsa Snackers  
cal 35 | fat 0g | fib 1g | carb 8g  
serving size 1 snacker cup | ■
- ❑ Del Monte - No Sugar Added Diced Fruit Cups  
cal 25-40 | fat 0g | fib 0g | carb 6-12g  
serving size 1 snack cup | ■
- ❑ Fiber One Bran Cereal  
cal 60 | fat 1g | fib 14g | carb 25g  
serving size 1/2 cup | □
- ❑ General Foods International Sugar Free Chai Latte  
cal 30 | fat 2g | fib 0g | carb 2g  
serving size 1 tbsp | ■
- ❑ Gerber Graduate Puffs  
cal 25 | fat 0g | fib 0g | carb 6g  
serving size 73 pieces | □
- ❑ Gerber Graduate Mini Fruits  
cal 25 | fat 0g | fib 1g | carb 6g  
serving size 1/4 cup | □
- ❑ Healthy Choice Traditional Pasta Sauce  
cal 60 | fat 0g | fib 3g | carb 13g  
serving size 1/2 cup | ■
- ❑ Healthy Request Chicken Rice Soup  
cal 70 | fat 1.5g | fib 1g | carb 13g  
serving size 1/2 cup | ■
- ❑ Healthy Request Ministrone Soup  
cal 80 | fat .5g | fib 3g | carb 15g  
serving size 1/2 cup | ■
- ❑ Heinz One Carb Ketchup  
cal 5 | fat 0g | fib 0g | carb 1g  
serving size 1 tbsp | □
- ❑ Hershey Lite Chocolate Syrup  
cal 45 | fat 0g | fib 0g | carb 11g  
serving size 2 tbsp | ■
- ❑ Hershey Sticks (milk chocolate or caramel filled)  
cal 60 | fat 3.5g | fib 0g | carb 6g  
serving size 1 stick | ■
- ❑ Hodgson Mill Whole Wheat Muffin Mix  
cal 130 | fat .5g | fib 3g | carb 27g  
serving size 1 roll | ■ ■
- ❑ Hodgson Mill Whole Wheat Gingerbread Mix  
cal 110 | fat 0g | fib 2g | carb 24g  
serving size 1/14 of the mix | ■ ■
- ❑ Hormel Real Crumbled Bacon, 50% Rduced Fat  
cal 50 | fat 3g | fib 0g | carb 0g  
serving size 2 tbsp | ■
- ❑ \*Hostess 100 Calorie Chocolate Cupcakes  
cal 100 | fat 3g | fib 5g | carb 22g  
serving size 1 pkt of 3 mini cupcakes | ■
- ❑ \*Hostess 100 Calorie Muffins  
(Banana, Blueberry, Cinnamon)  
cal 100 | fat 3g | fib 4g | carb 20g  
serving size 1 pkt of 3 mini muffins | ■

- ❑ Jell-o Sugar Free/Fat Free Pudding Mix  
cal 97 | fat 0g | fib 0g | carb 6g  
serving size 1/2 cup w/skim milk | ■
- ❑ Jelly Belly Sugar Free Jelly Beans  
cal 80 | fat .5g | fib 1g | carb 37g  
serving size 1/2 bag | ■
- ❑ Kashi 7 Whole Grain Puffs  
cal 88 | fat 1g | fib 3g | carb 15g  
serving size 1cup | ■
- ❑ Keebler Waffle Bowls OR Waffle Cones  
cal 50 | fat 1g | fib 0g | carb 10g  
serving size 1 bowl OR cone | ■
- ❑ Kens or Wishbone Salad Spritzers  
cal 10/15 | fat 0g | fib 0g | carb 2g  
serving size 10 sprays | ❑
- ❑ ★Kix Cereal  
cal 88 | fat 1g | fib 3g | carb 15g  
serving size 1cup | ■
- ❑ Krusteaz Muffin Mix (asst'd varieties)  
cal 140 | fat 0g | fib 2g | carb 31g  
serving size muffin | ■ ■
- ❑ Kudos M&M Granola Bars  
cal 100 | fat 3g | fib 1g | carb 17g  
serving size 1 bar | ■ ■
- ❑ Little Debbie Pecan Spinwheels  
cal 100 | fat 1g | fib 0g | carb 16g  
serving size 1 sweet roll | ■ ■
- ❑ Moo Magic Milk Mix (asst'd flavors)  
cal 5 | fat 0g | fib 0g | carb 1g  
serving size 1 packet | ❑
- ❑ Motts Plus Fiber Apple Sauce (asst'd flavors)  
cal 50 | fat 0g | fib 3g | carb 15g  
serving size 1 container | ❑
- ❑ Musselman's Lite Apple Sauce  
cal 50 | fat 0g | fib 2g | carb 12g  
serving size 1 container | ■
- ❑ Nabisco 100 Calorie Snack Packs (assort. varieties)  
cal 100 | fat 3g | fib 0g | carb 17g  
serving size 1 snack pack | ■ ■
- ❑ Nonnis Biscotti (assort. varieties)  
cal 110 | fat 4.5g | fib 1g | carb 17g  
serving size 1 biscotti | ■ ■
- ❑ Presto Cake Flour, self-rising  
cal 90 | fat 0g | fib 0g | carb 20g  
serving size 1/4 cup | ■ ■
- ❑ Ocean Spray, Diet Cranberry  
cal 5 | fat 0g | fib 0g | carb 3g  
serving size 8 fl oz | ❑
- ❑ Ocean Spray, Diet Grape  
cal 5 | fat 0g | fib 0g | carb 2g  
serving size 8 fl oz | ❑
- ❑ Olde Cape Cod Fat Free Salad Dressings  
(asst'd. varieties)  
cal 40 | fat 0g | fib 0g | carb 9g  
serving size 2 tbsp | ■
- ❑ Old El Paso Refried Beans, fat free  
cal 100 | fat 0g | fib 6g | carb 18g  
serving size 1/2 cup | ■
- ❑ Old El Paso Refried Beans, spicy fat free  
cal 90 | fat 0g | fib 5g | carb 16g  
serving size 1/2 cup | ■
- ❑ ★Pickles, Dill or Sugar-Free Sweet  
cal 0 | fat 0g | fib 0g | carb 0g  
serving size 1 oz | ❑
- ❑ Progresso Light Soups (asst'd flavors)  
cal 60 | fat 0g | fib 4g | carb 22g  
serving size 1 cup | ❑
- ❑ Barbara's Bakery Puffin Original Cereal  
cal 90 | fat 1g | fib 5g | carb 23g  
serving size 3/4 cup | ■
- ❑ Ragu Light Fat Free Sauce  
Tomato & Basil  
cal 50 | fat 0g | fib 2g | carb 11g  
serving size 1/2 cup | ■
- ❑ Ragu Light No Sugar Added Sauce  
Tomato & Basil  
cal 50 | fat 1g | fib 3g | carb 9g  
serving size 1/2 cup | ❑
- ❑ Roasted Red Peppers - no oil  
cal 5 | fat 0g | fib 0g | carb 1g  
serving size 1 oz | ❑
- ❑ Ronzoni Healthy Harvest Pasta  
cal 180 | fat 2g | fib 6g | carb 42g  
serving size 2 oz dry | ■ ■ ■
- ❑ ★Salsa (many brands)  
cal 15 | fat 0g | fib <g | carb 3g  
serving size 2 tbsp | ❑
- ❑ Sipahh Milk Flavoring Straws (asst'd varieties)  
cal 15 | fat 0g | fib 0g | carb 3g  
serving size 1 straw | ❑
- ❑ ★Smart Beat Mayonnaise  
cal 10 | fat 0g | fib 0g | carb 3g  
serving size 1 tbsp | ❑
- ❑ Special K Bars (asst'd flavors)  
cal 90 | fat 2g | fib >1g | carb 17g  
serving size 1 bar | ■ ■
- ❑ ★Splenda Flavor Blends for Coffee  
cal 0 | fat 0g | fib 0g | carb 0g  
serving size 1 packet | ❑
- ❑ StarKist Chunk Light Tuna in Water  
cal 90 | fat 1g | fib 1g | carb 1g  
serving size 3 oz foil pouch | ■ ■
- ❑ St. Dalfour Gourmet On The Go Pasta & Vegetables  
cal 100 | fat 3g | fib 4g | carb 13g  
serving size 1/2 can | ■
- ❑ Swanson White Chicken Breast in Water  
cal 70 | fat 1g | fib 0g | carb 2g  
serving size 3 oz can | ■
- ❑ Sushi Chef Panko (Japanese Bread Flakes)  
cal 90 | fat .5g | fib 3g | carb 19g  
serving size 1/2 cup | ■
- ❑ Torani Flavored Syrups  
cal 0 | fat 0g | fib 0g | carb 0g  
serving size 1 oz | ❑
- ❑ Thin Ribbon Candy  
cal 60 | fat 0g | fib 0g | carb 15g  
serving size 1 long piece | ■

- ❑ V8 Diet Splash  
cal 10 | fat 0g | fib 0g | carb 3g  
serving size 8 oz | ❑
- ❑ V-8 V-Fusion Light  
cal 50 | fat 0g | fib 0g | carb 13g  
serving size 8 oz | ■
- ❑ Vermont Sugar Free Maple Syrup  
cal 15 | fat 0g | fib 0g | carb 5g  
serving size 1/4 cup | ❑
- ❑ ★VitaBrownie Mix  
cal 90 | fat 1.5g | fib 7g | carb 21g  
serving size 1 brownie | ■
- ❑ VitaMuffin Mix  
cal 100 | fat 1.5g | fib 6g | carb 19g  
serving size 1 muffin | ■
- ❑ Wasa Crisp'n Light 7 Grain Cracker Bread  
cal 60 | fat 0g | fib 2g | carb 13g  
serving size 3 cracker | ■
- ❑ Welch's Light Grape  
cal 50 | fat 0g | fib 0g | carb 13g  
serving size 8 oz | ■
- ❑ Weight Watchers Frosted Snack Cakes  
(asst'd varieties)  
cal 80 | fat 2.5g | fib 2g | carb 16g  
serving size 1 cake | ■
- ❑ Wishbone or Kens Salad Spritzers  
cal 10/15 | fat .5/1g | fib 0g | carb 2g  
serving size 10 sprays | ❑
- ❑ Walden Farms No Carbs Alfredo Sauce  
cal 0 | fat 0g | fib 0g | carb 0g  
serving size 3 tbsp | ❑

#### MEATS/SEAFOOD

- ❑ Butterball Deli Thin Sliced Chicken Breast  
cal 50 | fat .5g | fib 0g | carb 1g  
serving size 4 slices | ■
- ❑ Chesapeake Bay Low Fat Crab Cakes  
cal 80 | fat 1.5g | fib 0g | carb 9g  
seving size 1 cake | ■ ■
- ❑ ★Eckrich Ready Crisp Fully-Cooked Bacon  
cal 47 | fat 4g | fib 0g | carb 0g  
serving size 2 slices | ■
- ❑ Gorton's Grilled Fish Fillets (asst'd. flavors)  
cal 100 | fat 3g | fib 0g | carb 1g  
serving size 1 filet | ■ ■
- ❑ Healthy Ones Turkey/Ham Slices Thin Sliced  
cal 60 | fat 1.5g | fib 0g | carb 2g  
serving size 7 slices | ■
- ❑ Healthy Choice Polish Kielbasa  
cal 80 | fat 2.5g | fib 0g | carb 6g  
serving size 2 oz | ■ ■
- ❑ Hebrew National 97% Fat Free Beef Hot Dogs  
cal 40 | fat 1g | fib 0g | carb 3g  
serving size 1 dog | ■
- ❑ Hormel Turkey Pepperroni  
cal 70 | fat 4g | fib 0g | carb 0g  
serving size 17 slices | ■ ■

- ❑ Ken's Cocktail Sauce  
cal 70 | fat 2g | fib 1g | carb 13g  
serving size 1/4 cup | ■
- ❑ ★Oscar Mayer Fully Cooked Bacon  
cal 52.5 | fat 4.5g | fib 0g | carb 0g  
serving size 3 slices | ■
- ❑ Oscar Mayer 98% Fat Free Deli Meat (asst'd)  
cal 45 | fat 1g | fib 0g | carb 2g  
serving size 6 slices | ■
- ❑ ★Oscar Mayer 98% Fat Free Weiners  
cal 40 | fat .5g | fib 0g | carb 3g  
serving size 1 dog | ■
- ❑ Perdue Short Cuts Honey Roasted Chicken Breast  
cal 90 | fat 2g | fib 0g | carb 2g  
serving size 1/2 cup | ■ ■
- ❑ Sea Choice Salmon Burger  
cal 100 | fat 1.5g | fib 0g | carb 5g  
serving size 1 burger | ■ ■
- ❑ ★Shrimp, Fresh or Frozen (71/90 count)  
cal 60 | fat .5g | fib 0g | carb 2g  
serving size 16 shrimp (3 oz) | ■
- ❑ Tyson Fajita Chicken Breast Strips  
cal 100 | fat 2g | fib 0g | carb 2g  
serving size 3 oz | ■ ■
- ❑ Yakinori Hanedashi Toasted Seaweed Sheets  
cal 5 | fat 0g | fib 0g | carb 1g  
serving size 1 sheet | ❑

#### DAIRY/REFRIGERATOR

(some may be located in deli section)

- ❑ ★8th Continent Light Vanilla Soy Milk  
cal 60 | fat 2g | fib 0g | carb 5g  
serving size 8 oz | ■
- ❑ Alpine Lace Reduce Fat Provolone  
cal 60 | fat 4.5g | fib 0g | carb 1g  
serving size 1 slice | ■ ■
- ❑ Boursin Light Garlic & Herb Cheese  
cal 40 | fat 2.5g | fib 0g | carb 3g  
serving size 1-2/3 tbsp | ■
- ❑ Brummel & Brown Spread  
cal 45 | fat 5g | fib 0g | carb 0g  
serving size 1 tbsp | ■
- ❑ Cabot 75% Light Cheddar Cheese  
cal 60 | fat 2.5g | fib 0g | carb <1g  
serving size 1 oz | ■
- ❑ ★Calabro Fat Free Ricotta  
cal 60 | fat 0g | fib 0g | carb 1g  
serving size 1/2 cup | ■
- ❑ Coffee Mate Coffee Creamer, Fat Free  
cal 25 | fat 0g | fib 0g | carb 5g  
serving size 1 tbsp | ❑
- ❑ Coffee Mate Coffee Creamer, Sugar Free  
cal 15 | fat 1g | fib 0g | carb 1g  
serving size 1 tbsp | ❑
- ❑ Dannon Light & Fit Yogurt  
cal 80 | fat 0g | fib 0g | carb 10g  
serving size 6 oz | ■ ■

- ❑ Dannon Light & Fit Smoothie  
cal 70 | fat 0g | fib 0g | carb 13g  
serving size 7 oz | ■
- ❑ Dannon Light & Fit Carb Control Yogurt  
cal 50 | fat 3g | fib 0g | carb 3g  
serving size 4 oz cup | ■
- ❑ Egg Beaters  
cal 30 | fat 0g | fib 0g | carb 1g  
serving size 1/4 cup | ■
- ❑ Fat Free Sour Cream (many brands)  
cal 20 - 30 | fat 0g | fib 0g | carb 3g  
serving size 2 tbsp | □
- ❑ Gatorade G-2  
cal 25 | fat 0g | fib 0g | carb 7g  
serving size 8 oz | □
- ❑ Half & Half, Fat Free (most brands)  
cal 20 | fat 0g | fib 0g | carb 3g  
serving size 2 tbsp | □
- ❑ Hood Fat Free Cottage Cheese w/Pineapple  
cal 100 | fat 0g | fib 0g | carb 15g  
serving size 1/2 cup | ■ ■
- ❑ ★ I Can't Believe It's Not Butter  
cal 0 | fat 0g | fib 0g | carb 0g  
serving size 5 sprays | □
- ❑ Jarlsberg Lite Reduced Fat Swiss Cheese  
Deli Thin Sliced  
cal 50 | fat 2.5g | fib 0g | carb 0g  
serving size 1 slice | ■
- ❑ Jell-o Sugar Free Pudding Snacks  
cal 60 | fat 1g | fib 0g | carb 13g  
serving size 1 snack cup | ■
- ❑ ★ Kozy Shack No Sugar Added Puddings  
(Tapioca & Chocolate)  
cal 90 | fat 3g | fib 4g | carb 11g  
serving size 1 snack cup | ■
- ❑ Kozy Shack No Sugar Added Black Forest Puddings  
cal 70 | fat 2g | fib 3g | carb 9g  
serving size 1 snack cup | ■
- ❑ Kraft Fat Free Shredded Cheddar or Mozzarella  
cal 45 | fat 0g | fib 0g | carb 2g  
serving size 1/4 cup | ■
- ❑ ★ Laughing Cow Gourmet Cheese & Baguettes  
cal 60 | fat 3.5g | fib 1g | carb 5g  
serving size 1 cheese & cracker unit | ■
- ❑ ★ Laughing Cow Cheese Wedges, asst'd. flavors  
cal 35 | fat 2g | fib 0g | carb 1g  
serving size 1 wedge | ■
- ❑ Mini Baby Bell Light Semi Soft Cheese  
cal 50 | fat 3g | fib 0g | carb 0g  
serving size 1 piece | ■
- ❑ ★ Pillsbury Cinnamon Rolls With Icing, Reduced Fat  
cal 140 | fat 3.5g | fib 0g | carb 24g  
serving size 1 roll | ■ ■ ■
- ❑ Pillsbury Dinner Rolls, Low Fat  
cal 110 | fat 1.5g | fib 0g | carb 19g  
serving size 1 roll | ■ ■

- ❑ ★ President's Crumbled Fat Free Feta  
(asst'd. varieties)  
cal 60 | fat 0g | fib 0g | carb 4g  
serving size 2 oz | ■
- ❑ Smart Balance Spray  
cal 0 | fat 0g | fib 0g | carb 0g  
serving size 5 sprays | □
- ❑ ★ Sonoma Jacks Cheese Wedges, asst'd. flavors  
cal 25-50 | fat 1.5 - 3g | fib 0g | carb 1g  
serving size 1 wedge | ■
- ❑ Trader Joes Fat Free Crumbled Feta Cheese  
cal 35 | fat 0g | fib 0g | carb 2g  
serving size 1 oz | ■
- ❑ Tropicana Light & Healthy Orange Juice  
cal 50 | fat 0g | fib 0g | carb 13g  
serving size 8 oz | ■
- ❑ Weight Watchers String Cheese  
cal 50 | fat 2.5g | fib 0g | carb 1g  
serving size 1 | ■
- ❑ Weight Watchers Yogurt (asst'd. Varieties)  
cal 100 | fat .5g | fib 3g | carb 17g  
serving size 6 oz | ■

## BREADS

(some may be located in deli section)

- ❑ Arnolds Sandwich Thins  
cal 100 | fat 1g | fib 5g | carb 22g  
serving size 1 | ■
- ❑ Beefsteak Light Rye No Seeds Bread  
cal 80 | fat 1g | fib 5g | carb 20g  
serving size 2 slices | ■
- ❑ Cedar's Whole Wheat Roll-Ups  
cal 90 | fat 4g | fib 5g | carb 12g  
serving size 1 roll-up | ■
- ❑ ★ Cedar's Lavash Bread  
cal 100 | fat 5g | fib 6g | carb 14g  
serving size 9 x 12 bread | ■ ■
- ❑ ★ Flatout Light Flatbread  
(original, Italian herb, Sundried tomato)  
cal 90 | fat 2.5g | fib 9g | carb 16g  
serving size 1 | ■
- ❑ ★ Joseph's Flax, Oat Bran & Whole Wheat  
Lavash Bread  
cal 100 | fat 4g | fib 6g | carb 14g  
serving size 9 x 12 bread | ■ ■
- ❑ Joseph's Flax, Oat Bran & Whole Wheat Pitas  
cal 45 | fat 1g | fib 4g | carb 8g  
serving size 1, 1oz pita | ■  
(2 pitas | ■)
- ❑ Joseph's Oat Bran & Whole Wheat Tortillas  
cal 70 | fat 1.5g | fib 6g | carb 11g  
serving size 1 tortilla | ■
- ❑ Melissa's Crepes  
cal 51 | fat 1g | fib 0g | carb 9g  
serving size 1 crepe | ■

- ❑ ★Kim's Light Bagels – 6 Flavors  
cal 110 | fat 1g | fib 4g | carb 22g  
serving size 1 bagel | ■
- ❑ ★Kim's Flat Breads  
cal 100 | fat 4g | fib 6g | carb 14g  
serving size 1/2 bread | ■
- ❑ LaTortilla Factory Whole Wheat Tortillas  
cal 90 | fat 3g | fib 14g | carb 19g  
serving size 1 tortilla | ■
- ❑ Light Breads (most brands)  
cal 80 | fat 0g | fib 6g | carb 20g  
serving size 2 slices | ■
- ❑ Light English Muffins (most brands)  
cal 90 | fat 0g | fib 6g | carb 21g  
serving size 1 muffin | ■
- ❑ Marzetti Fat Free Garlic & Onion Croutons  
cal 60 | fat 0g | fib 0g | carb 10g  
serving size 4 tbsp | ■
- ❑ Pepperidge Farms Deli Flats  
cal 100 | fat 1.5g | fib 5g | carb 20g  
serving size 1 roll | ■
- ❑ Thomas' Light Multi-Grain English Muffins  
cal 100 | fat 1g | fib 8g | carb 24g  
serving size 1 muffin | ■
- ❑ Tumaros Low Carb Wraps (asst'd. varieties)  
cal 50 | fat 1.5g | fib 1g | carb 4g  
serving size 1 pita | ■
- ❑ Weight Watchers Whole Wheat Pita  
cal 100 | fat 1g | fib 9g | carb 24g  
serving size 1 wrap | ■

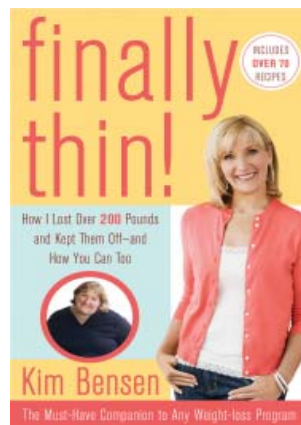
#### **FROZEN FOODS**

- ❑ Alexia Oven Reds potatoes  
cal 120 | fat 3.5g | fib 2g | carb 19g  
serving size 3oz | ■ ■
- ❑ ★Athens Fillo Dough  
cal 36 | fat 0g | fib 0g | carb 8g  
serving size 1 sheet | ■
- ❑ Athens Mini Fillo Shells  
cal 60 | fat 3g | fib 0g | carb 6g  
serving size 3 shells | ■
- ❑ Birds Eye Stemfresh Asian Style  
Chicken Veg Medley  
cal 290 | fat 6g | fib 10g | carb 36g  
serving size 1/2 bag | ■ ■ ■ ■ ■
- ❑ Breyers No Sugar Added Double Churned Vanilla  
cal 80 | fat 4g | fib 4g | carb 14g  
serving size 1/2 cup | ■
- ❑ ★Cool Whip, Fat Free  
cal 15 | fat 0g | fib 0g | carb 3g  
serving size 2 tbsp | □
- ❑ Earth's Best Organi Mini Waffles  
cal 80 | fat 3g | fib 2g | carb 12g  
serving size 4 mini waffles | ■

- ❑ Edy's Slow Churned - no sugar added  
(vanilla, coffee, neopolitan)  
cal 90 | fat 3g | fib 2g | carb 13g  
serving size 1/2 Cup | ■ ■
- ❑ Grean Giant Healthy Heart  
cal 140 | fat 3g | fib 4g | carb 28g  
serving size 7 oz box | ■ ■
- ❑ ★Gardenburgers Veggie Medley  
cal 90 | fat 3g | fib 5g | carb 15g  
serving size 1 burger | ■
- ❑ Healthy Choice Premium Ice Cream Bars  
cal 80 | fat 1g | fib 4g | carb 13g  
serving size 1 bar | ■
- ❑ Hood Sugar Free Light Whipped Cream  
cal 10 | fat .5g | fib 0g | carb <g  
serving size 2 tbsp | □
- ❑ Luigi's Real Italian Ice (asst'd. varieties)  
cal 130 | fat 0g | fib 0g | carb 33g  
serving size 1 ice | ■ ■
- ❑ Market Pantry Shredded Hashbrowns  
cal 70 | fat 0g | fib 2g | carb 16g  
serving size 1 cup | ■
- ❑ McCain Roasters - potatoes  
cal 120 | fat 3g | fib 2g | carb 22g  
serving size 3 oz | ■ ■
- ❑ McCain Roasters - Sweet Potato Fries  
cal 120 | fat 3g | fib 2g | carb 22g  
serving size 3 oz | ■ ■
- ❑ Ore-Ida Steam n Mash Potatoes  
cal 80 | fat 0g | fib 0g | carb 17g  
serving size 3/4 cup | ■ ■
- ❑ Skinny Cow Ice Cream Sandwiches  
(asst'd. flavors)  
cal 140 | fat 2g | fib 3g | carb 30g  
serving size 1 sandwich | ■ ■
- ❑ Skinny Cow Giant Fudge Bars  
cal 100 | fat 1g | fib 4g | carb 22g  
serving size 1 bar | ■
- ❑ Tropicana Light Fruit & Cream Bars  
cal 45 | fat .5g | fib 4g | carb 14g  
serving size 1 bar | □
- ❑ ★Turkey Hill No Sugar Added Fat Free  
Vanilla / Dutch Chocolate Ice Cream  
cal 70 | fat 0g | fib 5g | carb 20g  
serving size 1/2 cup | ■
- ❑ Tyson Breast Tenderloins  
cal 150 | fat 7g | fib 1g | carb 12g  
serving size 1 tenderloin | ■ ■ ■
- ❑ Tyson Grilled Chicken Strips  
cal 100 | fat 1.5g | fib 0g | carb 3g  
serving size 3 oz | ■ ■
- ❑ Van's 97% Fat Free Waffles  
cal 75 | fat 1g | fib 2.5g | carb 15g  
serving size 1 waffles | ■
- ❑ ★Vita Muffins & Tops (asst'd. varieties)  
cal 100 | fat 1.5g | fib 6g | carb 24g  
serving size 1 muffin | ■

- ☐ ☆Weight Watchers Giant Fudge Bars  
cal 110 | fat 1g | fib 5g | carb 25g  
serving size 1 bar | ■

☆ = one of Kim's favorites!



Ask if YOUR grocery store carries *Finally Thin*  
in their book section.