

19 Healthy Foods Nutritionists Always Buy at Trader Joe's

Unless you love to cook and have a ton of free time, eating healthy on a budget is not always easy—but Trader Joe's makes it easier. In fact, the affordable supermarket chain is setting trends in the healthy food space. Everyone's obsession with cauliflower rice (and cauliflower gnocchi and cauliflower pizza crust) is largely thanks to Trader Joe's. And don't even get us started on cult favorites like Everything but the Bagel Seasoning products and Mandarin Orange Chicken. But don't be fooled, not everything you see at TJ's is healthy.

While we all know about obvious healthy choices—leafy greens, fruits, and pre-washed veggies—we asked some of the country's leading health experts to share their favorite healthy Trader Joe's snacks and foods. Here are 19 products that are not only nutritious, but also affordable and easy to incorporate into a well-balanced meal.

Broccoli & Kale Slaw Salad

Trader Joe's

"Try shopping the perimeter of any Trader Joe's store," says nutritionist and holistic health coach, Jen Silverman. "This lets you stick with fresher items, such as fruit, vegetables, yogurt, meat, and fish, since packaged, preservative-rich, shelf-stable items are always located in the center aisles."

One veggie-packed item that Silverman loves? TJ's rotating roster of fresh salad mixes. "This salad mix is healthy, nutritious, and takes minutes to put together. Plus it's one-third the cost of a salad at a restaurant," she says. "You can eat it as-is or add your favorite protein. Pro tip: Skip the dressing it comes with to cut out extra sugar."

If you don't like kale slaw, Trader Joe's has similarly healthy mixes such as a Vegan Ranch Crunch Salad Kit and A Za'atar Tango Salad Kit.

Tomato & Roasted Red Pepper Soup

Trader Joe's

"This soup is not only healthy, but it's delicious," Silverman says. "The ingredients are clean (no fillers or additives). You can enjoy it warmed in a bowl or pour it on top of your favorite vegetables instead of a standard tomato sauce."

Spinach & Kale Greek Yogurt Dip

Trader Joe's/The Kitchn

"Two tablespoons of this dip is just 30 calories and 1 gram net carbs, which is low for such a flavorful, hearty dip," says F-Factor founder and registered dietitian Tanya Zuckerbrot. "It's a great appetizer for guests instead of traditional higher-fat dips, like [a] sour cream-based dip."

As TJ fanatics may know, the store sells additional healthy options such as Avocado Tzatziki Dip and Herbed Tahini Sauce.

Riced Cauliflower Stir Fry

Trader Joe's

"This Riced Cauliflower Stir Fry is super simple to make in under 10 minutes," Silverman says. "It's healthy (50 calories and 2 grams of fat per cup), very tasty, and can be eaten as a main or a side." Plus, it's inexpensive at \$2.99 per bag. Zuckerbrot adds that unlike other frozen riced cauliflowers, this one does not have added ingredients like canola, olive, or sunflower oil, butter, or cornstarch. "It's just two simple ingredients: cauliflower and salt. Cauliflower is also a great source of fiber; it adds bulk and volume to any dish and is a great replacement for more carbohydrate-heavy dishes like fried rice," Zuckerbrot says.

Roasted Seaweed Snack

Trader Joe's copyright 2016

"A little sweet, salty, and crunchy, these hit the spot with only 30 calories a pack," say The Nutrition Twins, Lyssie Lakatos, RDN, CDN, CFT and Tammy Lakatos Shames, RDN, CDN, CFT. "It's a great way to get a little iodine, which many people surprisingly are deficient in. Seaweed also contains sulfated polysaccharides, which can help with your microbiome by increasing the growth of "good" bacteria in your gut. Plus, at just \$3.49, they're far less expensive than other brands that typically range from \$5.50 to \$5.99."

Organic Walnut Halves

Trader Joe's

Almonds seem to get all the glory, but according to The Nutrition Twins, walnuts are just as good for you. "They're a good source of antioxidants and one of the few foods that contain the plant form of omega-3 fat, which may help reduce heart disease risk," they say. "Trader Joe's Organic

Walnut Halves come in full pieces and the packaging seems to protect the halves from breaking, unlike other brands which often have many crushed into little pieces."

Creamy Spinach & Artichoke Dip

Trader Joe's copyright 2016

"This is a great, filling meal with some baby carrots or whole-grain crackers," says Rachel Paul, Ph.D., RD. "I often advise leaving one in the office freezer for a last-minute meal."

Avocado's Number Guacamole to Go

Trader Joe's

"We all love avocados and guacamole, but it goes brown so quickly," Paul says. "These single-serving guacamole packets are great for breakfast or snacks with hard-boiled eggs or carrots." Plus, they offer portion control since, while avocado is a great source of healthy fat, it's not particularly low in calories.

Steamed Lentils

Trader Joe's

"These steamed lentils help lower blood sugar, they're low in calories, and a great source of folate and magnesium, contributing to heart health," says Jessica Mantell, MS, LDN, CNS and a Miami-based nutritionist. "Also, they have a good amount of insoluble fiber to help support digestive health."

Cruciferous Crunch Collection

Trader Joe's

"This mix of cruciferous vegetables is fiber-rich, so it keeps you full for longer," says Mantell. "It's also extremely beneficial in reducing inflammation and reducing the risk of cancer by protecting the cells from DNA damage."

Nutritional Yeast

amazon.com

Nutritional yeast isn't just a cheese alternative for vegans. "Nutritional yeast is a great source of B vitamins, a complete protein, contains fiber, and is low in fat," Mantell says. You can sprinkle it on anything from a sandwich to protein, and even on pizza for a cheesy flavor without the calories and fat.

Oils

Trader Joe's

"Every kitchen needs affordable, reliable oils that are great for quick and casual use," says Serena Poon, a chef, nutritionist, and reiki master. "Trader Joe's offers organic and premium oils at affordable prices," she adds. They have everything from olive oil (which is great for dressings) to coconut and avocado oils, which are great for high-heat cooking (since they have a high smoke point). Many of their oils are also available in spray cans, which is great for portion control.

Organic Sprouted Tricolor Quinoa

Trader Joe's

"One of my favorite items at Trader Joe's is their Organic Sprouted Tricolor Quinoa," says Poon. "I love that the quinoa is already sprouted and sold for only \$2.99 for an 8-ounce bag." Sprouting means that the quinoa is not only more nutrient-dense, but it is also easier to digest.

Minced, Peeled, or Frozen Garlic

amazon.com

"Garlic is a known anti-inflammatory food due to its high content of allicin. It's also heart-healthy and useful for reducing blood pressure and cholesterol," Tanya Freirich, MS, RD, CDN, CDCES, says. "These prepped garlics can make cooking meals easier and faster. Sauté the garlic with onions for a quick, easy, and flavorful addition to any protein, vegetable, or grain dish."

Everything but the Bagel Sesame Seasoning Blend

Trader Joe's

"This seasoning can be added to anything," Silverman says. "Top your favorite veggies, sprinkle it on your eggs, or mix it into a tuna salad for an extra pop of flavor. One of my favorite snacks is fresh summer tomatoes, half of an avocado, and a dash of Everything but the Bagel Seasoning."

Frozen Veggie Spirals

Trader Joe's

"In general, I highly recommend buying veggies pre-zoodled instead of doing it yourself," Paul says. "The ones from Trader Joe's taste much better than any fresh types I've tried, they last in the freezer for months, and they're versatile." Look for spaghetti squash, zucchini, and carrot spirals in the frozen section.

21 Seasoning Salute

amazon.com

"I often recommend this seasoning to patients," says Ilana Lichter, MSRD, CDN. "It's a delicious blend of seasoning without the added salt, and it's well-priced. You can sprinkle it on just about anything, from fish to poultry or vegetables."

Organic Three Grain Tempeh

Trader Joe's

"Whether you're eating it straight up or adding it to your favorite vegetables and spicing it, this is a great protein option for everyone," says Lichter. "It tastes great and is well-priced."

Jicama Sticks

Trader Joe's

"Jicama is hard to find at other grocery stores and even harder to peel and chop," Freirich says. "Eat these crunchy, refreshing sticks with guacamole or top with lime and a bit of chili powder for a spicy snack." According to Freirich, they're low in calories while being a good source of vitamin C and fiber (12 grams), which keeps you feeling full longer.

Trader Joe's also sells Jicama Wraps (thinly sliced pieces of jicama), which are tasty and healthy tortilla alternatives.

CNA Classes in New York State | CNA Free Training

Like many states, there is a tremendous opportunity for people seeking healthcare jobs in New York. From NYC and its suburbs to Rochester, Buffalo, Syracuse and Binghamton, a certified nursing assistant in New York will have ample opportunities for jobs.

Who is the Regulatory Body for CNAs in New York?

CNAs in New York are regulated by the meet training and examination requirements set by the New York State Department of Health (NYSDOH).

Who Administers the CNA Exam in New York?

In New York, Prometric administers the Nurse Aide Competency Examination. If you're interested in preparing for the exam we encourage you to take one of our free CNA practice test options available on this site. You can take our other free CNA practice tests as many times as you like.

New York State Requirements for CNAs

CNA candidates in New York must undergo state approved CNA classes to be eligible to take the CNA exam. Candidates need to complete 100 hours of training including 30 hours of supervised clinical training and classroom sessions in order to be eligible for the certification exam. Additionally, candidates may apply to become a CNA using one of 8 other routes, including:

- Out of State Reciprocity
- Out of State Nurse Aide
- Foreign Trained Nurse Aide

- RN/LPN Student
- Candidates who have CNA certification and their certification has lapsed
- Candidates who had had their CNA certification lapsed and your certification was obtained through Deeming, Waiving, Reciprocity, or was completed classes before July 1, 1989.

Each route has specific qualifying criteria, which can be found [here](#).

New York CNA Exam Details

There are two sections of the exam – the clinical skills evaluation and the written examination. The written portion of the exam is 60 multiple choice questions. The time allowed for the exam is 90 minutes. The clinical skills section of the exam is a timed exam. It consists of the demonstration of competency of five clinical skills. Clinical skills include handwashing, indirect care. Additionally, there are three other randomly assigned skills that will be tested. The time allotted for the clinical skills exam is between 31 to 40 minutes.

How Much Does the New York CNA Exam Cost?

The cost of the NACE in New York for clinical skills and written test is \$115.

Where Can I Take the CNA Exam in New York?

Exams can be taken at the following locations in New York:
 In-facility exams: These exams are taken at the same location as where the candidate received their CNA classes.
 In-facility testing: Nursing homes may offer scheduled testing for candidates.
 Regional exam sites: Candidates may be eligible to take exams at regional testing sites around the state

New York Nurse Aide Registry

Visit our [New York Nurse Aide Registry page](#) for full contact information for the registry. To check the status of a CNA in New York, you can use the [NY Nurse Aide Registry Search](#).

How Much Does a CNA Get Paid in New York?

The average hourly pay for a CNA in New York is \$19.53 and the average annual CNA salary is \$40,620 according to the Bureau of Labor and Statistics.

CNA Classes in NYC, Brooklyn, and the Bronx

If you live in or near New York City and you want to learn more about opportunities for classes as a CNA or a home health aid, check out our [page on CNA classes in NYC](#).

Additional CNA Classes in New York

There are many paid CNA program options in New York. The programs below provide many of these paid programs from around the state. There is an additional list of CNA classes in New York State listed [here](#).

Location City Phone
 Alfred State SUNY College of Technology Alfred, NY 14802-1-800-4-ALFRED (425-3733)
 Queensborough Community College Bayside, NY 11364 (718) 631-6262
 Broome Community College Binghamton, NY 13902 (607) 778-5000
 Hostos Community College Bronx, NY 10451 (718) 518-4444
 Bronx Community College Bronx, NY 10453 (718) 289-5100
 Monroe College Bronx, NY 10468 (718) 933-6700
 ASA College Brooklyn, NY 11201 (718) 522-9073
 Adult and Continuing Education- Medgar Evers College Brooklyn, NY 11225 (718) 804-8850
 University at Buffalo- Educational Opportunity Center Buffalo, NY 14203-1707 (716) 849-6727
 Finger Lakes Community College Canandaigua, NY 14424 (585) 394-FLCC
 Corning Community College Corning, NY 14830 (800) 358-7171
 Finger Lakes Health Geneva, NY 14456 (315) 787-4000
 Columbia-Greene Community College Hudson, NY 12534 (518) 828-4181
 York College Jamaica, NY 11451 (718) 262-2000
 Jamestown Community College Jamestown, NY 14702-0020 (716) 338-1000
 Fulton-Montgomery Community College Johnstown, NY 12095 (518) 736-FMCC (3622)
 LaGuardia Community College Long Island City, NY 11101 (718) 482-7200
 Mandl School- The College of Allied Health New York, NY 10019 (212) 247-3434
 The City College of New York New York, NY 10031 (212) 650-7000
 Rochester Educational Opportunity Center Rochester, NY 14604 (585) 232-2730
 Niagara County Community College Sanborn, NY 14132 (716) 614-6222
 Schenectady County Community College Schenectady, NY 12305 (518) 381-1200
 College of Staten Island Staten Island, NY 10314 (718) 982-2000
 Hudson Valley Community College Troy, NY 12180 (518) 629-4822 (HVCC)
 Mohawk Valley Community College Utica, NY 13501 (315) 792-5400
 Westchester Community College Valhalla, NY 10595 (914) 606-6600
 Cochran School of Nursing Yonkers, NY 10701 (914) 964-4296

Where To Find Employer Sponsored CNA Classes in New York

We've assembled the most comprehensive list of employer sponsored CNA classes in NYC and across the state. The following locations offer

CNA classes in New York to help you on your way in your healthcare career. Many of these locations require employment in order to take part in their classes. Some of these locations are nursing homes and hospitals that may offer CNA classes in NYC for free as part of a job contract once you've achieved your certification. So, be sure to inquire about job possibilities if you contact a program provider.

CNA Free Class Locations City Phone
Good Shepherd Fairview Home Binghamton, NY 13904 (607) 724-2477
Broome Community College Binghamton, NY 13905 607-778-5001
First Care of New York Bronx, NY 10458 1-718-364-7251, 718-741-5950
First-Care of New York, Inc. (Bronx) Bronx, NY 10458-5203 (718) 364-7251
Jewish Home Lifecare Bronx, NY 10468 718-410-1220
Grand Manor Nursing & Rehabilitation Center Bronx, NY 10473-2696 (718) 518-8892
Brothers of Mercy Community Clarence NY 14031 (716) 759-6985
Gurwin Jewish Nursing & Rehabilitation Center Commack, NY 11725 (631) 715-2000
Chemung County Health Department Elmira, NY (607) 737-2028
Arnot Ogden Medical Center Elmira, NY 14905 (607) 737-4100
Daleview Care Center Farmingdale, NY 11735 (516) 694-9800
Finger Lakes Health Geneva, NY 14456 (315) 787-4000
Glen Cove Center for Nursing and Rehabilitation Glen Cove, NY 11542 (516) 671-9010
Highfield Gardens Care Center Great Neck, NY 11021 (516) 365-9229
Elcor Nursing and Rehabilitation Center Horseheads, NY 14845 (607) 739-3654
Regal Heights Rehabilitation & Health Care Center Jackson Heights, NY 11372 (718) 662-5100
Elderwood Health Care Liverpool, NY 13088 315-457-0456
Grandell Rehabilitation & Nursing Center Long Beach, NY 11561 (516) 889-1100
Montgomery Nursing & Rehabilitation Montgomery, NY 12549-9036 (845) 457-3155
United Hebrew – The Harry and Jeanette Weinberg Campus New Rochelle, NY 10805 (914) 632-2804
Island Nursing and Rehab Center North Holtsville, NY 11742 (631) 758-3336
Affinity Skilled Living and Rehabilitation Center Oakdale, NY 11769 (631) 218-5900
Victoria Home Ossining, NY 10562 (914) 941-2450
Health Services of Northern New York Potsdam, NY 13676 (315) 265-4065
The Hebrew Home at Riverdale Riverdale, NY 10471 (718) 581-1000
Rochester Adult Education Center Rochester, NY 14604 585-232-2730
King Street Rehab Rye Brook, NY 10573 (914) 937-5800
Adirondack Medical Center Saranac Lake, NY 12983 (518) 891-4141
Wesley Health Care Center Saratoga Springs, NY 12866 518-587-3600
The Wesley Community Saratoga Springs, NY 12866 (518) 587-3600
Wesley Health Care Center Saratoga Springs, NY 12866 518-587-3600
Somers Manor Rehabilitation and Nursing Center Somers, NY 10589 (914) 232-5101
Apex Rehabilitation and Healthcare South Huntington, NY 11746 (631) 592-6400
Loretto Health & Rehabilitation Center Syracuse, NY 13205 315-469-5570
Hudson Valley Community College Troy, NY 12180 518-629-4822
White Oaks Nursing Home Woodbury, NY 11797 (516) 367-3400
Queens Boulevard Extended Care Facility Woodside, NY 11377 (718) 205-0287

12 Thanksgiving Items That Have Already Landed at Trader Joe's

The product recommendations in this post are recommendations by the writer and/or expert(s) interviewed and do not contain affiliate links. Meaning: If you use these links to buy something, we will not earn a commission.

Thanksgiving is just two weeks away, and if you're hosting the high-pressure dinner, you know what that means: grocery shopping—and lots of it.

While planning out a menu for one of the biggest meals of the year can be a daunting task, Trader Joe's is here to help. Whether you're looking for an easy appetizer, a sought-after side dish, or a downright delicious dessert, TJ's is brimming with options you'll want to stock up on—and enjoy before the holiday even hits.

Since the popular grocery chain plans to close its doors on Thanksgiving, shopping early is the name of the game—and we've rounded up some of the best holiday-themed items you can add to your Turkey Day spread. Seriously, you won't want to miss these at Trader Joe's right now.

RELATED: [This Popular Grocery Chain Will Close On Thanksgiving for the First Time in History](#)

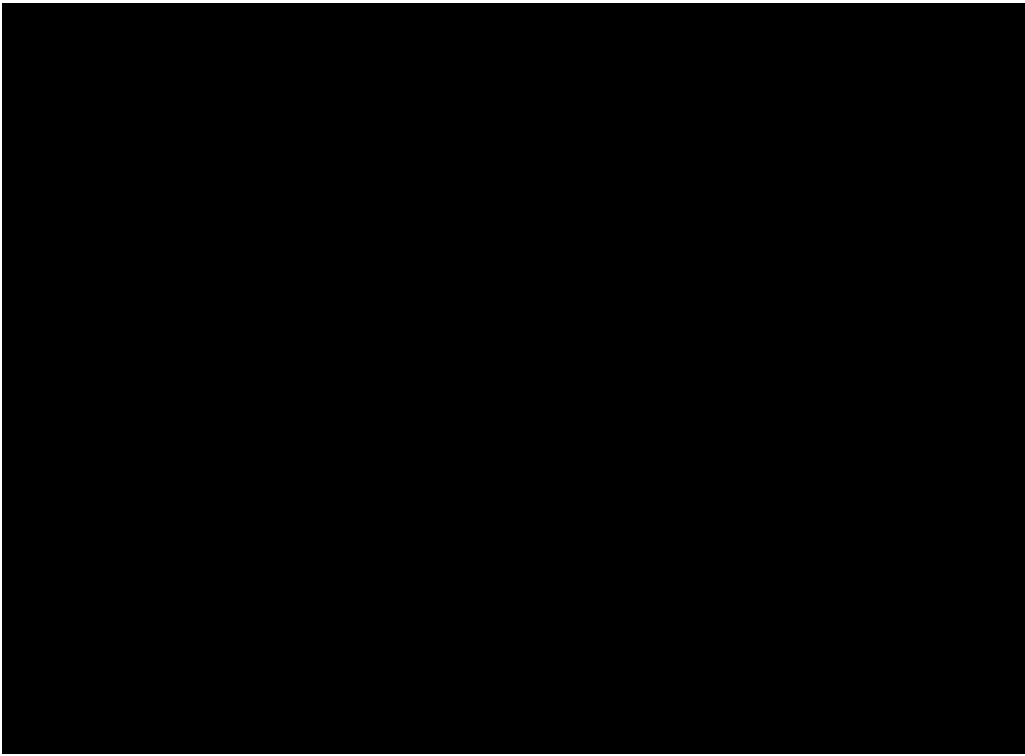


Photo Courtesy of Trader Joe's ©2022

Fruit and cheese are a classic pairing, so Trader Joe's combined the beloved foods into one flavorful spread. Available for \$3.99, this creamy goat cheese log is rolled in tart cranberries, which as TJ's writes, makes it "just a bit chewy around the edges."

Fun fact: This product also happens to be the grocer's first "fruit-enhanced goat cheese offering," and it was so popular that it inspired other fruity pairings, like blueberry vanilla.



Photo Courtesy of Trader Joe's ©2022

Prepping a spread of dips for the holiday table? Kick the fancy up a notch with this combination of cream cheese, ricotta, parmesan, and of course, truffle.

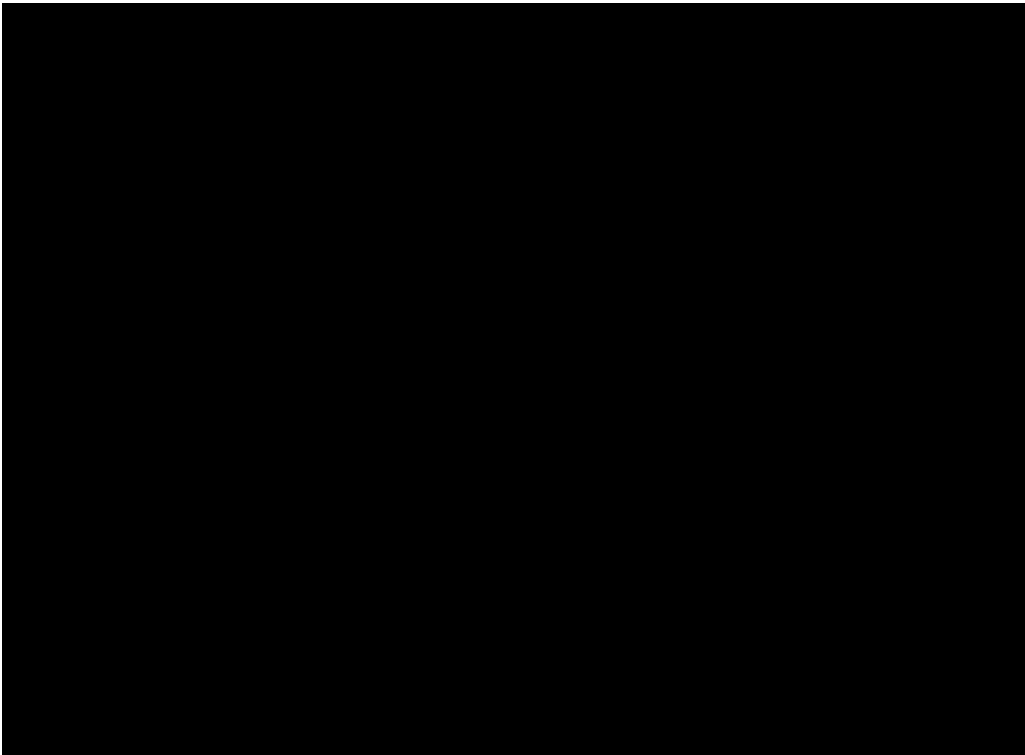
On an Instagram post announcing the product's return, several users shared how they enjoy the dip, with some writing that they like to pair it with chips or crackers, while others said they've added it to mashed potatoes, chicken, and eggs.



Brianna Ruback / Eat This, Not That!

Every appetizer spread needs a crunchy vehicle for dips and cheeses—and these Cornbread Crisps, priced at \$2.99, pair well with a range of add-ons, as confirmed by shoppers.

In an Instagram post about the item, countless TJ's fans offered up how they like to consume the sweet and salty snack. While several people opt to use it as a topping on chili or soup, others said they couple the crisps with cheese spreads, guacamole, salsa, chicken salad, or as one user wrote, "No dips....straight out of the bag deliciousness."



Brianna Ruback / Eat This, Not That!

Who says stuffing is only meant to be a side dish? Certainly not Trader Joe's. Priced at \$2.49 per bag, these potato chips are coated in a seasoning blend of salt, celery, sage, and thyme, capturing the essence of the beloved Thanksgiving staple.

After Instagram account [@traderjoeslist](#) announced the product's return, hundreds of people flocked to the comments section, with one writing, "Already bought 6 bags 🍷." Another user added, "I'VE WAITED ALL YEAR FOR THIS !!!!!!!!!!!🍷🍷🍷🍷🍷🍷."



Photo Courtesy of Trader Joe's ©2022

When you need to whip up an appetizer in a pinch, Trader Joe's frozen foods aisle has you covered. These crunchy, creamy bites are filled with a blend of mascarpone, Roquefort, and cream cheeses coated with a mixture of green castelvetrano olives and dark purple kalamatas.

Battered with a layer of panko breadcrumbs, this frozen food, available for \$4.49, can be reheated in the oven at 400 degrees for 10 minutes to reach ultimate crispiness.

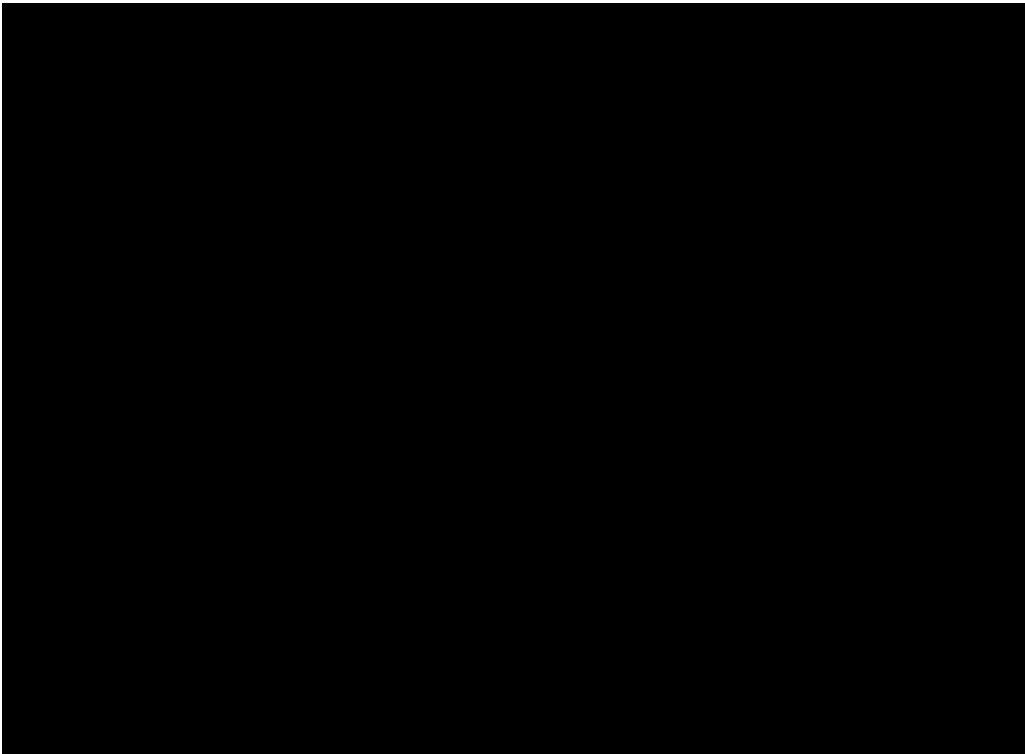


Photo Courtesy of Trader Joe's ©2022

Warm, buttery, and velvety smooth, mashed potatoes are typically a crowd-pleaser on Thanksgiving. But they can also be quite labor-intensive. If you're looking for a shortcut, this may just be it.

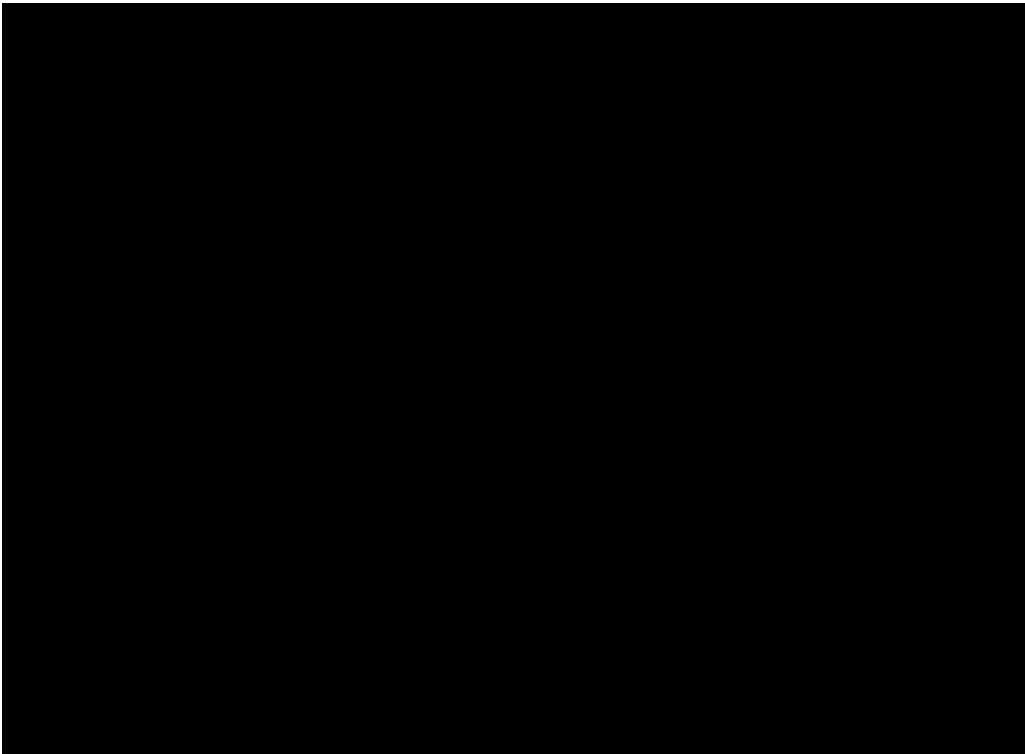
Available for \$4.29, these frozen mashed potatoes eliminate the need to peel, cut, boil, and mash, only requiring you to reheat them minutes before serving. And shoppers are thrilled with the item's return, with one Instagram user writing, "My life is complete now, the mashed potatoes are back!!!"



Photo Courtesy of Trader Joe's ©2022

Want to bring something more unique to the table this year? This frozen rice medley, priced at \$4.49, certainly fits the bill, while simultaneously merging the elements of classic Thanksgiving recipes.

In it, you'll find a combination of long-grain rice, onion, celery, breadcrumbs, and herbs to give off the essence of stuffing. For an additional boost of Thanksgiving spirit, there are slivered green beans, corn, carrots, fried onion pieces, and turkey sausage, as well.



Brianna Ruback / Eat This, Not That!

To prolong the magic of Thanksgiving dinner even after the meal concludes (or well before it starts), Trader Joe's bottled up the flavors of stuffing and gravy in one flavorful seasoning blend. Available for \$2.99, Everything But The Leftovers features herbs like sage, rosemary, thyme, and parsley, as well as dehydrated onion, sea salt, ground black pepper, turmeric powder, and dried celery seed.

Instagram user [@traderjoeslist](#) announced the product's return on Oct. 13, prompting fans to share how they use the seasoning blend. Adding it to vegetables, mashed potatoes, soups, and popcorn was among the many responses in the post's comments section.

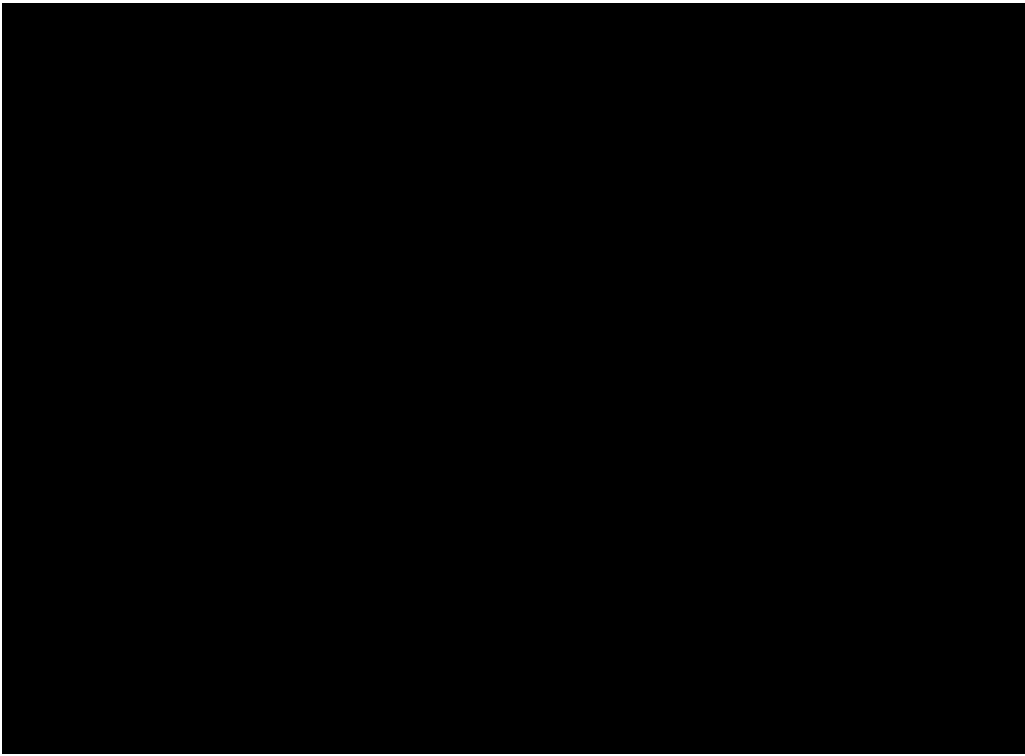


Photo Courtesy of Trader Joe's ©2022

Move over, apple cider and pumpkin spice, because maple has taken over. These cake donuts are infused with maple syrup and topped with a sweet maple glaze for a truly maple-y experience at \$4.49.

On Trader Joe's Instagram post featuring the product, one person commented, "A terrific update for the maple people in a pumpkin spice world," while another social media user added, "TAKE MY MONEY ❤️ I love maple anything."

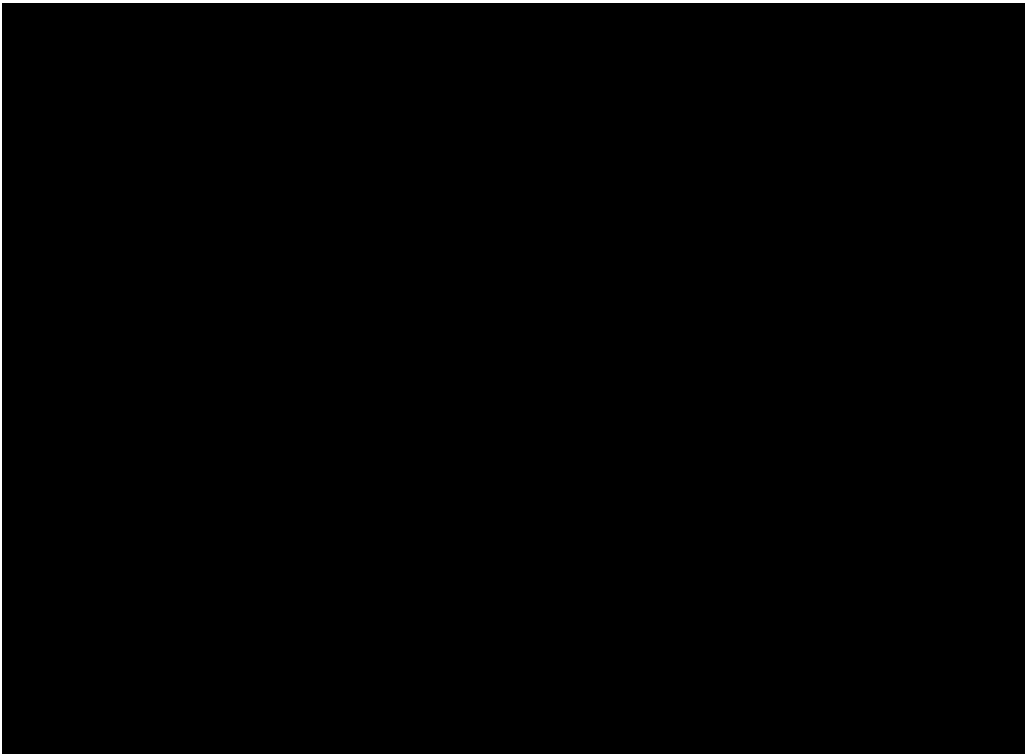


Photo Courtesy of Trader Joe's ©2022

This classic New England treat has made its return to stores for \$6.49. Topped with cranberries and walnut pieces, the dessert can be served at room temperature or straight out of the oven. For some added sweetness, feel free to top the pie with whipped cream, vanilla ice cream, or powdered sugar.

"YES. Nobody gets hyped enough for the Nantucket Pie.. 🍁🍁," one social media user wrote on an Instagram post announcing the dessert's comeback.



Photo Courtesy of Trader Joe's ©2022

Trader Joe's takes sandwich cookies to a whole new level with these sweet treats—and people are loving them. "Oh, I'm buying like 20 boxes. I love these damn things! They freeze well. ☐☐," one person wrote on an Instagram post. "Just got these. Whoa- they are good. Need to get another box to freeze!," another one added.

Snag a box for yourself for \$4.99 to see what all the hype is about!



Photo Courtesy of Trader Joe's ©2022

Trader Joe's Apple Crumble Pie is back for \$7.99—because what would a fall festivity be without an apple pie? The dessert is filled with cinnamon-coated Northern Spy apples and topped with a buttery crust and a crunchy oat crumble. Add a scoop of vanilla ice cream for an extra sweet ending to your holiday meal.