



MON 11.17.08 TUES WED THURS FRI

NEWS

Spotted on Shelves...

100 Calories or Less? That's How They Roll...

Kahiki Egg Rolls - If you CRAVE authentic Chinese egg rolls but can live without the excessive calories and fat they typically bring with them, you MUST check [these](#) out. They're super-low in calories and SUPER-DELICIOUS, and they crisp up in your microwave FAST. There are three kinds -- Chicken, Pork & Shrimp, and Vegetable. Each egg roll contains 70 - 100 calories, 2 - 5g fat, 10 - 11g carbs, 1g fiber, and 2 - 5g protein (**POINTS**® value 1 - 2*) and comes with a 10-calorie sauce packet. [Click here](#) to find out where to buy 'em. They'll be chillin' in the freezer aisle.

Chobani Nonfat Greek Yogurt, Fruit on the Bottom and Flavored - Greek yogurt fans will LOVE [this stuff](#). It's tart, creamy, and PROTEIN-PACKED (an added bonus of Greek yogurt). It comes in Strawberry, Peach, Blueberry, Vanilla, and Honey. Each 6-oz. container has 120 - 150 calories, 0g fat, 13 - 20g carbs, 0 - 1g fiber, and 14 - 16g protein (**POINTS**® value 2 - 3*). Look for Chobani at Whole Foods and select markets, or [click here](#) to see where it's stocked near you.

Karo Lite Syrup - Big news! It's the first reduced-calorie corn syrup by a major brand. (FYI, the "light" in "light corn syrup" usually refers to the COLOR, not the CALORIE COUNT.) With a new light-blue label (ooh, pretty!), [this stuff](#) has 33% fewer calories than Karo's original syrup and has zero grams of high-fructose corn syrup. A 2-tbsp. serving has 80 calories, 0g fat, 20g carbs, 0g fiber, and 0g protein (**POINTS**® value 2*). Time to get sticky in the kitchen. Woohoo!

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