

ANNA'S TAQUERIA: BUILDING A HEALTHY BURRITO

Step #1 - Going whole grain

Pick whole wheat or corn tortillas and brown rice when available.
Go slow on fried tortilla chips and nachos.

Step #2 - Pick a Protein

Go for white meat chicken, seafood or beans and you can always go for grilled vegetables. *Go slow* on the red meat and pork.

Step #3 - Get your VEGGIES

Ask for added grilled vegetables (½ meat and ½ veggies) or all veggies. Also, do not forget about the lettuce and pico de gallo.

Step #4 - Beans are great for you

Be sure to opt for pinto beans and/or black beans. *Go slow* on refried beans.

Step #5 - Cheese/Condiments

Ask for no cheese or only half the amount they normally put. *Go slow* on sour cream (get it on the side so you can add it in small quantities).

Step #6 - ENJOY!

Thank Anna's for providing a yummy and satisfying burrito. Fuel your body and mind and you will achieve great things!