

### Eating Healthy Mexican Food

Mexican food is a favorite with many people, but a lot of Mexican food is fried with lard and topped with cheese, so it's loaded with saturated fat. It can be high in sodium too. But when you know what to choose, Mexican food can be fresh, tasty and more healthful.

Here are a few tips when eating out:

- \*Tell your server not to bring fried tortilla chips to the table.
- \*Ask for low-fat sour cream or use salsa to add flavor.
- \*Veracruz or other tomato-based sauces are better than cream or cheese sauces.
- \*If you order a taco salad, don't eat the fried shell.

Instead of.... Try.....

Flour tortillas    Corn Tortillas

Nachos        Grilled shrimp

Carnitas (fried beef or pork)

Refried beans

Full fat sour cream and cheese

Salsa, Pico de Gallo, cilantro,

Jalapeno peppers

Quesadillas

Chalupas or tacos

Taco salad or fajita salad (don't eat the tortilla shell and ask for low-fat sour cream)

Flautas or burritos

Chicken or beef enchiladas with red sauce or salsa

Grilled fish or chicken breast

Frijoles a la charra

Chicken fajitas