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!