

## Mexican Food Guide

Mexican restaurants offer a delightful array of flavors. However, many of the food options are characterized by high calories and excessively large portion sizes. Use this guide as a tool before planning your trip to the restaurant. Always remember that you have the right to ask about the ingredients that went into your food as well as the preparation method. Most restaurants will be happy to accommodate your requests or concerns.

### General tips

- Ask for a corn tortilla instead of a flour tortilla.
- Request for sauces and cheese on the side.
- Snack on tortilla chips consciously (limit to one basket).
- Order items that have been grilled or steamed and avoid deep fried foods.
- Choose items cooked with vegetables.
- Avoid adding salt at the table since many items already have salt added during cooking.
- Consider sharing an entrée with a friend or taking a to-go-box.

### Watch your beverages

- 12 oz. margarita can have as much as 812 calories!
- Mexican beers like most others have 105-148 calories for each 12 oz. bottle.
- Ordering water with lemon or a diet soda can save you hundreds of calories!

The information listed below only provides a general estimate of nutritional content for the food items. The actual figures will vary depending on the restaurant and method of preparation among other factors. Feel free to ask your server about the details on your entrée.

<b>Burritos</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat(g)</b>	<b>Carb (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>	<b>Fiber (g)</b>
13" Flour Tortilla	340	7.7	3	55	710	9	2
Vegetables + Rice + Salsa	750	16.6	4.5	126	1800	24	19
Chicken + Rice + Salsa	880	24	6	121	2030	47	16
Ground Sirloin + Rice + Salsa	930	30	11	122	2220	43	17
Shredded Beef + Rice + Salsa	890	21	7	120	1900	57	17
Steak + Rice + Salsa	930	26	8	124	2060	50	18
Breakfast Burrito without Meat	550	26	10	57	1380	18	8
Breakfast Burrito with Chorizo	650	32	12	59	1700	27	9
Breakfast Burrito with Chicken	620	30	11	58	1510	29	8
Breakfast Burrito with Steak	630	31	12	57	1500	28	8

<b>Additional Items</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat(g)</b>	<b>Carb (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>	<b>Fiber (g)</b>
Cheddar Cheese (1 oz.)	113	9	6	0	174	7	0
Chihuahua Cheese (1 oz.)	105	8	5	2	173	6	0
Guacamole (2 Tbsp.)	50	4.5	2.5	3	240	1	0
Fajita Vegetables (1/2 Cup)	60	3.5	0.5	6	640	1	1
Sour Cream (2 Tbsp.)	120	10	7	2	30	2	0
Rice, Cilantro Lime (1 Cup)	120	3.5	0.5	20	305	2	0
Salsa, Chili-Corn (2 Tbsp.)	50	0.5	0	11	270	1.5	1.5

<b>Additional Items (cont.)</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat(g)</b>	<b>Carb (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>	<b>Fiber (g)</b>
Queso Sauce (1/2 Cup)	220	18	11	6	530	7	4
6" Small Corn Tortilla (1 oz.)	62	0.8	0.1	12.7	13	1.6	1.8
6" Flour Tortilla (1 oz.)	94	2.33	0.56	15.4	191	2.5	0.9

<b>Tacos</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat(g)</b>	<b>Carb (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>	<b>Fiber (g)</b>
Taco Shell, Crispy (each)	60	2.25	0.5	8.5	10	1	0.5
Taco Shell 6", Soft (each)	90	2.5	1	16	200	3	2
Beans with Salsa, Cheese, Sour cream	250	6	2	40	250	9	6
Chicken with Salsa, Cheese, Sour cream	260	8	3	32	290	14	3
Beef with Salsa, Cheese, Sour cream	280	10	4	33	350	13	3
Fish Taco	260	10	1.5	32	460	13	6
Taco Shell Salad without Meat	700	40	11	61	1050	21	12
Taco Shell Salad with Chicken	830	46	13	56	1280	44	9
Taco Shell Salad with Beef	880	52	18	57	1470	40	9

<b>Quesadillas</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat(g)</b>	<b>Carb (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>	<b>Fiber (g)</b>
Quesadilla with Vegetables	890	49	25	68	1950	41	10
Quesadilla with Chicken	1010	56	27	61	1980	63	6
Quesadilla with Steak	1030	57	29	60	1950	65	6

<b>Nachos</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat(g)</b>	<b>Carb (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>	<b>Fiber (g)</b>
With Vegetables, Queso, Cheese, Beans	1070	54	19	113	1440	30	26
With Beef, Queso, Cheese, Beans	1320	74	29	108	1950	53	20
Only Tortilla Chips & Queso (8 oz.)	800	46	16	79	870	15	9

<b>Other Items</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat(g)</b>	<b>Carb (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>	<b>Fiber (g)</b>
Tortilla Soup (bowl)	90	5	1	8	1020	4	2
Chicken Fajitas/Chicken only (skillet)	330	11	2	23	2080	40	3
Fajita Fixings/Sour cream, Salsa, Guacamole	160	13	5	9	350	2	3
Flauta, Chicken (each)	190	10	0	16	120	8	2
Flauta, Chicken with cheese & sauce	230	13	2	17	250	11	2
Flauta, Beef (each)	160	9	1.5	10	170	8	2
Flauta, Beef with cheese & sauce	190	12	3	11	300	10	2
Chimichanga, Chicken (each)	815	44	15	71	2316	33	7
Chimichanga, Ground Beef (each)	1310	98	31	49	2210	41	4
Shrimp, 4 large	170	10	4	1	380	16	0

<b>Other Items</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat(g)</b>	<b>Carb (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>	<b>Fiber (g)</b>
Mexican Rice (3 oz.)	107	1	0	21	416	2	1
Refried Beans (1 Cup)	237	3.2	1.2	39.1	753	13.8	13.4
Tamale, Pork (each)	260	10	Info n/a	29	Info n/a	13.5	Info n/a
Tamale, Beef (each)	220	13	6	15	410	10	5
Enchilada, Chicken with sauce (each)	210	13	6	9	783	8	1
Enchilada, Beef with sauce (each)	263	18	7	4	596	16	1
Enchilada, Spinach, Poblano (each)	258	13	5	30	1012	5	2
Enchilada, Cheese with sauce (each)	232	16	9	5	565	11	1

<b>Appetizers and Desserts</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat(g)</b>	<b>Carb (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>	<b>Fiber (g)</b>
Empanada, Fruit-Filled (each)	250	9	Info. n/a	37	46	5	Info. n/a
Empanada, Beef (2)	440	31	11	26	580	13	2
Dulce De Leche Cheesecake (slice)	1160	72	39	122	800	15	2

If you are a registered University of Illinois student and you have questions or concerns, or need to make an appointment, please call: **Dial-A-Nurse at 333-2700**

If you are concerned about any difference in your treatment plan and the information in this handout, you are advised to contact your health care provider.

Visit the McKinley Health Center Web site at: <http://www.mckinley.uiuc.edu>