

Making a Run for the Border?

From inexpensive fast food to a hip Mexican grill, food from south of the border is the choice for those in the mood for something spicy. But, the calories creep up quickly, if you're not careful. It is not hard to keep the calories low in this flavorful cuisine.

Here's how...

What to order South of the Border!

- Order a la carte.
- Skip the tortillas on the burritos. The flour tortilla and a burrito can contribute an amazing amount of calories. Burrito fillings are complete meals with rice, beans, meats and vegetables.
- Look for menu items that use soft tortillas rather than crispy ones. Soft tacos are lower in fat than chalupas or tostadas.
- If guacamole comes with the meal, ask for it on the side.
- Ask for plain black beans instead of refried beans.
- If choosing fajitas, load up on the vegetables for added taste.
- Hold the sour cream when having burrito bowls.
- Ask for cheese on the side.
- Share quesadillas, chimichangas, nachos and enchiladas served with cream sauces.



Border Flavor Boosts

Salsa • Picante sauce • Pico de gallo

Border Calorie Busts

Queso • Sour cream • Mole sauces



Endless Bowl of Chips?

Here's a tip! Allow no more than 12 chips for yourself and dip each at least 3 times in your bowl of salsa. Of course, ask for your own bowl of salsa — no double dipping!

