

Healthy Choices

Our restaurant is featured on



HealthyDiningfinder.com

**NEW
OPTIONS**



Healthy Breakfast Bowl

Calories	Fat	Protein
570	14g	54g



Healthy Chicken Bowl

Calories	Fat	Protein
580	13g	39g



Mexican Garden Salad

Calories	Fat	Protein
210	5g	32g



**Dressing not included in analysis

Extra-Lite Ranch (1 TBS) 30 Calories, 1.5g Fat
Chunky Salsa (1oz) 5 Calories, 0g Fat

Carne Asada Taco

Calories	Fat	Protein
320	13g	24g



Chicken Taco A la Plancha™

Calories	Fat	Protein
260	13g	20g



Side of Whole Pinto Beans (8oz.)

Calories	Fat	Protein
320	1.5g	20g

Breakfast Torta

Request whole pinto beans & no hashbrowns.

Calories	Fat	Protein
380	20g	22g



Chicken Torta

Request no mayonnaise.

Calories	Fat	Protein
580	24g	40g



Chile Verde Burrito

Request a whole wheat tortilla & whole pinto beans.

Calories	Fat	Protein
650	16g	36g



Veggie Burrito

Request a whole wheat tortilla & whole pinto beans.

Calories	Fat	Protein
640	21g	22g



"Protein Style" Burrito

CARNE ASADA

Calories	Fat	Protein
380	21g	38g

POLLO ASADO

Calories	Fat	Protein
380	20g	36g



250 cal., 7g Fiber
(reg. flour 410 cal.)

Other Healthy Requests available:

- Whole Beans for Refried Beans
- Egg Whites

Mexican Food Calorie Guide

Jo-Ann Heslin, Karen J Nolan



Mexican Food Calorie Guide:

The Calorie Counter Annette B. Natow,Jo-Ann Heslin,2003 Now revised and updated this classic by two nationally renowned nutritionists contains information on more than 20 000 food entries featuring items from national and regional restaurant chains brand name foods take out favorites and much more Original *The Calorie Counter, 5th Edition* Jo-Ann Heslin,Karen J Nolan,2009-12-29 Health *The Calorie Counter, 6th Edition* Karen J Nolan,Jo-Ann Heslin,2012-12-26 Completely revised with more than 20 000 food entries this latest edition features more than 80 national and regional restaurant chains hundreds of take out foods and the widest assortment of brand name generic and ethnic foods found anywhere Original *The 400 Calorie Fix Dining Guide* Liz Vaccariello,Editors Of Prevention Magazine,2015-01-30 The latest scientific research shows that the most straightforward way to lose weight controlling calories is consistently the most successful The 400 Calorie Fix Dining Guide makes it easy Take control wherever you go with this dining companion Chock full of easy and insightful tips this guide keeps you on track while you browse your options at a restaurant buffet bar or other fun locale In The 400 Calorie Fix Dining Guide you ll find Best 400 Calorie Meals at the diner movies ballpark and more At a glance portion guides using the 400 Calorie Lens Mix and match foods to build your own 400 calorie meals No matter where you go there s a 400 Calorie Fix to slim and satisfy you *The Ultimate Calorie Counter* Sheila Buff,2025-06-25 Say goodbye to crash diets hunger pangs cravings and diet drug health writer Sheila Buff tells you everything you need to know to lose weight safely and easily and keep it off in The Ultimate Calorie Counter At a glance calorie counts on the foods and beverages Americans commonly eat including brand names and fast food restaurants Charts to pinpoint your optimal calorie intake Expert tips for cutting calories without eating less Great calorie saving food substitutions Fastest fat burning exercises How to enjoy dining out while counting calories *The Complete Idiot's Guide to Total Nutrition, 4th Edition* Joy Bauer,2005-11-01 Good health starts with good nutrition With all the constant debate over diet fads proper nutrition is slipping through the cracks This revised and updated guide places the emphasis on good health by informing families of everything they need to know to get the best nutrition from daily vitamin and mineral intake and facts about fats and cholesterol to advice on shopping for healthy foods and much more Includes updates to the USDA s Food Guide Pyramid New numbers for blood pressure and sodium intake A section on helping overweight children New fiber recommendations for kids A new section on macrobiotics and raw diets *The Diabetes Carbohydrate & Calorie Counter* Annette B. Natow,Jo-Ann Heslin,2006-12-26 A comprehensive nutritional reference features more than eleven thousand different food items including brand name generic take out and restaurant foods along with complete counts for carbohydrates calories fat and sugar

The Biggest Loser Complete Calorie Counter Cheryl Forberg,2006-10-03 Provides a basic guide to the number of calories and fat carbohydrate protein fiber sugar and sodium content in basic brand name and fast foods *FNS* ,1985

Handbook of Nutrition and Food Carolyn D. Berdanier,Johanna T. Dwyer,Elaine B. Feldman,2007-08-24 Significantly

revised and updated this second edition of the bestselling Handbook of Nutrition and Food welcomes contributions from several new authors including Elaine B Feldman and Johanna Dwyer notable leaders in nutritional science Retaining the high level of scientific research accessible language and attention to detail of the original *The Complete Up-to-Date Fat Book* Karen J. Bellerson,2006-03-23 The Complete Up to Date Fat Book is the most comprehensive resource of its kind An invaluable tool for any health conscious consumer this revised edition of The Complete Up to Date Fat Book lists fat and calorie information for more than 30 000 foods including the percentage of calories derived from fat This comprehensive guide helps you make healthier meal choices by listing the fat content of favorite foods you find at the grocery store health foods frozen entrees prepared mixes and kosher foods as well as of meals at all the most popular fast food restaurants The introduction outlines strategies for healthy eating and offers tips for cutting excess fat from your diet showing how anyone can lose weight and stay healthy with a diet low in fat *Restaurant Calorie Counter For Dummies* Rosanne Rust,2011-05-10 Achieve your dietary and lifestyle goals even when eating out Whether you re trying to lose weight eat healthier or control or prevent diseases such as diabetes and heart disease this handy guide arms you with a portable quick and easy way to get nutritional information whenever and wherever you want Restaurant Calorie Counter For Dummies gives you fast access to the calorie fat saturated fat carb fiber protein and sodium counts found in food products of thousands of fast food and chain restaurants Nutritional information for big name franchises like Burger King Applebee s Pizza Hut and Cracker Barrel Expert advice on the healthiest options at the most popular drive thru destinations as well as your favorite sit down chains Tips and tricks for eating meals on the go for those with diabetes high cholesterol or high blood pressure Special tips for athletes as well as the best bets for kids Tuck this compact guide into your glove box briefcase or purse and have key calorie information at your fingertips at all times *The Complete Food Counter, 4th Edition* Karen J Nolan,Jo-Ann Heslin,2024-09-24 Updated and revised this edition is the most dependable resource available about food This easy to understand easy to use comprehensive guide from two nationally recognized nutrition experts provides the information readers need whether their goal is to lose weight protect themselves against disease or simply pay more attention to what they eat Original *Nutrition Education Resource Guide for American Indians and Alaska Natives* ,1988 [Easy Calorie Counter & Fitness Guide](#) Helena Schaar,2015-11-04 The easiest calorie counter ever Inside find all the foods you love to eat All the most popular most common foods fast food restaurants brand names beverages and alcohol back cover

Cumulative Index to the Catalog of the Food and Nutrition Information and Educational Materials Center, 1973-1975 Food and Nutrition Information and Educational Materials Center (U.S.),1975 **The Complete Food Counter** Annette B. Natow,Jo-Ann Heslin,2005-12-27 Now updated with the latest information on nutrition and food counts this authoritative resource contains revised and expanded listings of calories protein cholesterol and other contents for more than 17 000 food item entries Revised reissue [400 Calorie Fix](#) Liz Vaccariello,Mindy Hermann,Editors of

Prevention,2010-12-21 The latest research shows that controlling calories is consistently the most successful weight loss method Of course counting calories is nothing new But only 15 percent of us know how many calories we should eat to maintain a healthy weight Most of us don t know how many calories are in the foods we eat And most of us don t really want to have to count calories Now from Flat Belly Diet author Liz Vaccariello comes 400 Calorie Fix which makes it easy to spot and control calories 400 Calorie Fix has no banned ingredients no magic foods and no complicated rules You ll learn how to eat with the 400 calorie lens the essential tool they need to assess portion sizes for all types of food at a glance The book makes calorie control easy and delicious with 400 tasty 400 calorie recipes quick fix nocook meals and options that make it easy to dine out whether you re chowing down on a fast food burger or hosting a family cookout [The Family Guide to Fighting Fat](#) Texas Children's Hospital,2007-10-02 A PRACTICAL GUIDE TO A HEALTHIER LIFESTYLE FOR THE ENTIRE FAMILY More than 30 percent of American children are overweight Childhood obesity has become an epidemic in this country leading to early onset diabetes and a general health crisis for children The best plan to attack obesity starts at home and engages the whole family And now the experts at Texas Children s Hospital are providing the tools to do it This book gives parents the information and strategies they need to help their children eat less fast food and boost fitness It features information on healthy eating and exercise options for every age group It gets families off to the right start for losing extra pounds and guides them through a step by step approach to creating a personalized plan for controlling weight Through this guide the experts at Texas Children s Hospital empower parents to establish healthy family habits With numerous nutritious recipes fun activities to get the family fit and helpful tips to overcome weight management roadblocks this guide is an excellent resource for parents who want to make a healthy lifestyle a way of life Drawing on the expertise of the wide range of health professionals at Texas Children s Hospital this book is a comprehensive and authoritative guide to family weight management and smart nutrition Texas Children s Hospital is one of the largest pediatric medical centers in the United States Consistently recognized as one of the top children s hospitals in the nation by Child magazine and the U S News World Report Texas Children s Hospital is committed to creating a community of healthy children through excellence in patient care education and research For more information visit www.texaschildrenshospital.org *Nutrition in the Prevention and Treatment of Disease* Ann M. Coulston,Carol J. Boushey,Mario Ferruzzi,Linda Delahanty,2017-04-28 Nutrition in the Prevention and Treatment of Disease Fourth Edition is a compilation of current knowledge in clinical nutrition and an overview of the rationale and science base of its application to practice in the prevention and treatment of disease In its fourth edition this text continues the tradition of incorporating new discoveries and methods related to this important area of research Generating and analyzing data that summarize dietary intake and its association with disease are valuable tasks in treating disease and developing disease prevention strategies Well founded medical nutrition therapies can minimize disease development and related complications Providing scientifically sound creative and effective nutrition interventions is both

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