

# Does Your Taqueria Have Healthy Options?

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Taqueria Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Health Promotion

- Smoke-free Entryways
- Health Education Materials

## Healthy Substitutions

- Whole wheat tortillas
- Corn tortillas
- Frijoles de la olla
- Low-fat salad dressing
- Low-fat or non-fat sour cream
- Low-fat or non-fat mayonnaise
- Low-fat or non-fat cheese

## Healthy Selections

### 1. Entrees

- Vegetarian Dish
- Fries only upon request
- Salad Entree
- Salsa Bar

### 2. Beverages

- 100% fruit or vegetable juice
- All natural aguas frescas
- 2%, 1%, or skim milk
- Water
- Diet soda

### 3. Dessert

- Low-Fat / Low-Calorie Dessert

## Healthy Recipes

- Avoid lard and butter (saturated fats)
- Avoid partially-hydrogenated oils (trans fats)
- Trim fat from meats
- Remove visible fat from dishes/soups
- No oil/grease on tortillas for soft tacos
- Serve chips on request only

