

value... it!

It's the steps we take...



Steps to Healthier Mexican Food

ORDER HALF TO EAT AND HALF TO GO

AVOID FRIED FOODS

ASK FOR SOFT TACO TORTILLAS HEATED WITHOUT LARD OR OIL

ORDER DISHES WITH LOTS OF VEGETABLES

SUBSTITUTE WHOLE BEANS FOR REFRIED

ORDER WATER OR FRESH-SQUEEZED JUICES

ASK FOR YOUR ORDER WITHOUT CHEESE AND SOUR CREAM, OR,

ASK FOR LOW-FAT CHEESE AND SOUR CREAM

ASK FOR WHOLE WHEAT OR CORN TORTILLAS

ORDER MORE VEGETABLES INSTEAD OF FRIES

ORDER SALAD WITH A LOW-FAT DRESSING

PILE ON THE SALSA, ONIONS, CILANTRO, RADISHES, MARINATED CARROTS AND JALAPEÑOS

USE ORDERING AS A CHANCE TO TEACH YOUR CHILDREN TO MAKE HEALTHY CHOICES

ORDER FRUIT FOR DESSERT

You can make it healthier...
Just ask!

STEPS TO A HEALTHIER SALINAS

www.stepstohealthiersalinas.org



This publication is supported by the Steps to a Healthier US Cooperative Agreement Program of the U.S. Department of Health and Human Services (HHS). Its contents do not necessarily represent the official view of HHS.



¡valórelolo!

son los pasos que tomamos

Pasos hacia Comida Mexicana más Saludable



PIDA LA MITAD PARA COMER Y LA MITAD PARA LLEVAR

EVITE COMIDAS FRITAS

PIDA TACOS CON TORTILLAS CALENTADAS SIN GRASA

ORDENE PLATILLOS CON MUCHAS VERDURAS

PIDA FRIJOLES DE LA OLLA EN VEZ DE REFRITOS

ORDENE AGUA O JUGOS NATURALES

PIDA SU PLATILLO SIN CREMA Y QUESO O,

PIDA CREMA O QUESO BAJOS EN GRASA

PIDA TORTILLAS DE TRIGO INTEGRAL O DE MAÍZ

PIDA MÁS VERDURAS EN VEZ DE PAPAS FRITAS

ORDENE UNA ENSALADA CON UN ADEREZO BAJO EN GRASA

SÍRVASE BASTANTE SALSA, CEBOLLA, CILANTRO, ZANAHORIAS EN VINAGRE, RÁBANOS Y JALAPEÑOS

AL ORDENAR, ENSEÑE A SUS HIJOS A HACER DECISIONES SALUDABLES

ORDENE FRUTA PARA EL POSTRE

Hágala más saludable. ¡Solo pídale!

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