



Una alimentación sana para los cinco de mayo

(Eating Healthy on Cinco de Mayo)



A lot of Mexican food is fried with lard and topped with cheese, so it's loaded with saturated fat. It can be high in sodium, too. But when you know what to choose, Mexican food can be fresh, tasty and more healthful.

Tips for eating out:

- Tell your server not to bring fried tortilla chips to the table.
- Ask for low-fat sour cream or use salsa to add flavor.
- Veracruz or other tomato-based sauces are better than cream or cheese sauces.
- If you order a taco salad, don't eat the fried shell.

Remember these facts as well:

- Beans and rice together make a complete protein that is very healthy. Beans are high in fiber and protein and low in fat (just avoid the refried beans made with lard. Rice is not bad for you – if eaten in moderation.
- Guacamole is high in fat – but it's the heart healthy fat that's okay to eat.
- Cheese is good source of calcium but eat only a little or skip it altogether.

As with any food, eat mindfully – pay attention to the taste and texture. Enjoy the flavors! Make small adjustments and you can still enjoy healthy Mexican foods!

See the recipe at the end of this tip sheet!

instead of

- Flour tortillas
- Nachos
- Ton
- Carnitas (fried beef or pork) or chorizo (sausage)
- Refried beans
- Full-fat sour cream and cheese
- Quesadillas (flour or corn tortilla, filled with meat and cheese and fried)
- Chalupas and tacos
- Flautas (crisp, rolled tortillas stuffed with shredded meat and topped with a sauce);
- Chimichangas (flour tortillas filled with spicy meat and Monterey Jack cheese, fried and topped with tomato sauce);
- Burritos (large flour tortillas filled with beans or meat, served with tomato sauce and topped with shredded cheese)

try

- Corn tortillas
- Grilled shrimp
- Grilled fish or chicken breast
- Frijoles a la charra or borracho beans and Spanish rice
- Salsa, pico de gallo, cilantro, jalapeno peppers
- Chicken fajitas (marinated chicken grilled with onions, green peppers, lettuce, diced tomatoes with a soft corn tortilla)
- Taco salad or fajita salad (don't eat the tortilla shell and ask for low-fat sour cream)
- Chicken or beef enchiladas with red sauce or salsa

Veggie Caviar

(also known as Confetti or Cowboy Caviar)

This recipe is extremely versatile – it can be used as a dip, side dish, veggie salad, or a topping for grilled chicken or fish. Use your imagination!

You can also adjust the ingredients based on your tastes. You can also add in diced avocado, a can of Rotel, diced jalapenos and garnish with cilantro. It's easy to adjust for amounts too. If you're going to make a lot, just make sure you have something really big to mix it in!

1 bag of frozen sweet corn
1 green bell pepper – diced
1 tomato – diced

1 small onion - diced
1 can black beans – rinsed and drained
Italian salad dressing

Mix all ingredients together and chill for at least one hour. Serve as a side dish or with tortilla chips.