



## Mexican Cuisine



### Healthier Choices:

- + **Burrito with beef, pork or chicken, rice and sour cream** instead of **whole pinto or black beans, cheese and salsa**
- + **Beef, pork, chicken or shrimp fajitas** with **vegetables and sour cream** and minimal amounts of **salsa**
- + **Taco salad or tacos** - If you hold the **cheese and beans**
- + **Tostada with vegetables and beef, pork, chicken or shrimp toppings** without the **beans and cheese**
- + **Ceviche** - Fresh fish "cooked" in the acid of lime juice is high in protein and low in fat and calories (Check with your doctor or dietitian before consuming raw fish)
- + **Seafood and fish dishes**, not fried
- + **Corn, flour or whole wheat tortillas**
- + **Sour cream** instead of **guacamole**



### Choose Sparingly:

- **Tortilla chips** - You can easily consume lots of fat and sodium without realizing it **Tomato salsa** adds potassium
- **Margaritas** - A typical restaurant sized margarita can be more than 500 calories plus it adds potassium and fluid for those who are limited
- **Refried beans, whole pinto and black beans** - High in sodium, phosphorus and potassium
- **Cheese-based items** such as **quesadillas, nachos and cheese dip**
- **Pozole soup, black bean soup and gazpacho**
- **Papaya, guava, banana and avocado** if limiting potassium

Always check with your doctor or dietitian before using the guides and meals in this meal planner.

Get more dining out tips at [DaVita.com/DietHelper](https://www.davita.com/diet-helper).