



healthi 

Restaurant Guide to

Taco Bell

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OVERVIEW

Taco Bell is a classic fave when it comes to Mexican style fast food. Though many may view it as being out of reach when it comes to weight loss, it's simply not true. Nearly $\frac{3}{4}$ of their menu is actually under 500 calories, so you can surely eat Healthi here.

THIS PLACE IS KNOWN FOR



Good for Groups



Salads



Low Calorie



Bar & Cocktails



Pasta



Pizza



Fast Food



Mexican



Asia



Fish



Vegetables



Grill

3 QUICK TIPS FOR EATING HEALTHI AT TACO BELL

- Order Fresco Style if you want to skip heavy sauces
- Ask to go easy on sour cream and cheese if you choose not to get Fresco Style
- Avoid larger heavy items like big burritos, quesadillas and nachos

FRIENDLY MENU ITEM'S AT TACO BELL

MAIN COURSE

Taco Bell is all about having your choices (and eating them too!) Though there are many heavier items to stay away from, you can certainly order light and stay on track. Something to avoid here are the large burritos, since they tend to be heavily loaded with high fat ingredients, as well the Nacho bowls.

Did you know you could order almost anything “Fresco Style” on the menu? This will replace heavy sauces and sour cream with fresh diced tomatoes. You can also ask them to go “easy” on the cheese, cutting the portion in half as well as your calories.

If you order the Chalupa Supreme, ask to go easy on sour cream and cheese for less calories.

A regular Crunchy Taco comes in at only 170 calories! And a Supreme is only 20 calories more.

The Soft Taco is 180 calories and the Supreme is 210 calories.

You can build your own healthier burrito too! Just order a burrito with chicken, rice, chili sauce, tomatoes, easy on sour cream, lettuce and shredded cheese. It comes out to 360 calories.

The Power Bowls are delicious and very customizable. You can order the Chicken Power Bowl with no guac for 420 calories, and it's super filling! The Steak Power Bowl has a few more calories, but great on protein.

Main Course	Calories	Fat (g)	Carbs (g)	Protein (g)
Chalupa Supreme, easy on cheese & sour cream	340	19g	30g	11g
Crunchy Taco/Supreme	170/190	10g/11g	13g/15g	8g/8g
Soft Taco/ Supreme	180/210	9g/10g	18g/20g	9g/9g
Build Your Own Chicken Burrito	360	11g	49g	17g
Chicken Power Bowl, no guac	420	18g	40g	26g
Steak Power Bowl, no guac	490	21g	47g	28g

SIDES

Sides are somewhat limited here, but can make a great addition to a soft or crunchy taco.

Sides	Calories	Fat (g)	Carbs (g)	Protein (g)
Black Beans & Rice	160	4.5g	25g	4g
Black Beans	50	1.5g	7g	3g
Seasoned Rice	110	3g	18g	2g