

## Jeanne Cullen’s Tips for Diabetes-Friendly Fast Food

### Beef Burrito

A beef burrito from a typical fast food restaurant ranges from 18 to 31 grams of fat and 440 to 650 calories.

By applying our diabetes cooking principles, you can get it close to or below 10 grams of fat and still have a pretty tasty burrito.



I would use extra lean ground beef or ground turkey breast and add onions, garlic, chili powder and cumin to it.

La Tortilla Factory® makes a high fiber, low carb tortilla in which you can place 2–3 oz. of beef, 1 oz. of reduced fat cheese, fat free sour cream and lots of lettuce, tomatoes, chilies and salsa. You can always add ½ cup of beans for extra fiber and protein.

Average Fast Food Beef Burrito		Homemade Beef Burrito**	
Calories:	440 - 650	Calories:	242 - 262
Fat:	18 - 31 grams	Fat:	7½ - 11 grams
Fiber:	9 grams	Fiber:	8
Carbohydrate:	50 - 66 grams	Carbohydrate:	12½ grams
Sodium:	1,210 mg	Sodium:	426 mg

\*\*Food composition will vary depending on ingredients and recipe used.