



BEAN BURRITO & THE CRUNCHY BEEF TACO

VS.

7-LAYER & BEEF BURRITO SUPREME



FOOD COURT

Tex-Mex Best Bets

When Thinking Fast, Think Smart

Fast food can be low-calorie, low-fat and nutrient-dense, especially when a Taco Bell is one of your options. With a variety of tacos and burritos containing healthy ingredients and less than 400 calories, choosing a sensible south-of-the-border meal is easy. But like all fast-food venues, Taco Bell also has a few hidden high-calorie options. Some of the salads are the most caloric items on the chain's menu! To help you navigate the madness, we've analyzed the nutritional values of some of the most frequently purchased items at Taco Bell. Of the Crunchy Beef Taco, Beef Burrito Supreme, Bean Burrito and the ever-popular 7-Layer Burrito, which do you think is the lowest in calories? How about the most heart-healthy?

The Verdict is In

With 170 calories, 10 grams of fat, 350 milligrams of sodium and 3 grams of fiber, the Crunchy Beef Taco is the lowest-calorie choice on the Taco Bell menu. With less fat per calorie and double the fiber, the 340-calorie Bean Burrito scores points as the most heart-healthy. The 1190 milligrams of sodium in this popular item is a bit high, but the bean filling gives it the lowest sodium level of all the burrito choices. With double the fat of the Bean Burrito and 1340 milligrams of sodium, the 410-calorie Beef Burrito Supreme places third, with the 7-Layer Burrito losing the race at 490 calories, 18 grams of fat and 1340 milligrams of sodium.

FITNESS **Get Ready to Zumba**

With only a few more months left before summer, are you seeking out a more motivational workout that you can look forward to? Zumba, a new wave of fitness classes now featured in various gyms throughout the Northern Virginia area, may be just what you need. Zumba is a group exercise class founded by a celebrity fitness trainer with a passion for Latin dance. It combines aerobic combinations with Latin and international music and dance moves, such as salsa and the merengue. The music is fast and motivating, and the routines are based on the fundamental elements of fitness—flexibility, endurance, strength and balance. Zumba is guaranteed to give you the upbeat, intense fitness workout you are looking for, while toning and strengthening your muscles. To read more about Zumba, and for Zumba locations in your area, visit www.zumba.com/about.cfm, or ask your local gym if they feature Zumba fitness classes.

Christine H. Haas is a certified NASM personal trainer and a licensed nutritionist. Visit her website at www.nuweights.com.



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