



On the Track to Better Health

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Corn or Flour: The Tortilla Debate

Tortillas are delicious as well as versatile, but many people wonder which version (corn or tortilla) is the healthiest. To answer this question, let's look at some tortilla facts.

A six-inch flour tortilla contains 90 calories, 2 grams of fat, 15 grams of carbohydrates, 2 grams of protein, 210 milligrams of sodium, and 1 gram of dietary fiber. The same sized corn tortilla has 50 calories, 0.5 grams of fat, 11 grams of carbohydrates, 1 gram of protein, 10 milligrams of sodium, and 2 grams of dietary fiber.

Flour tortillas provide 4% of the daily value for fiber while corn tortillas provide 8% of the daily value for fiber. Flour tortillas provide more folic acid while corn tortillas have about 95% less sodium than their flour counterparts.

Flour tortillas contain gluten, which aids in their



maintaining their shape. The softness and texture of flour tortillas is sometimes preferred when cooking, but corn tortillas are preferable for those watching their calories, fat, and sodium.

Flour tortillas, because of the enrichment used in the flour, are higher in calcium and iron than corn tortillas.

Corn tortillas have more magnesium, which contributes to healthy

muscles, than flour tortillas. Potassium in flour and corn tortillas is relatively equal.

Corn tortillas are usually smaller so they can provide built-in portion controls. No matter which variety of tortilla you choose, it is a good idea to check the size, servings, and calories for the option that fits you best.

**source: Food Face-Off, Texas A&M AgriLife Extension*

March is National Nutrition Month

When working to establish a healthier lifestyle, start with small changes and build on those as you begin making healthier meal choices.

Making sudden changes can leave you frustrated and not satisfied after a meal, which can lead to binge eating. Instead, take steps that are proven to help you make better meal choices.

Make half your plate fruits and vegetables. Try fruit as a snack or dessert instead of sweets like cakes, cookies, and pastries.

Move to low-fat or fat-free dairy products to cut back on saturated fats. Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and

cheese.

Drink and eat less sodium, saturated fat, and added sugars. Drink water instead of sodas or energy drinks. Water is more refreshing and has no calories.

Mix up your proteins to include seafood, beans, peas, unsalted nuts, eggs, and lean meats.

Monthly Recipe: Baked Tortilla Chips

Makes: 6 Servings

Total Cost: \$0.36

Serving Cost: \$0.06

Use this recipe to make your own whole wheat flour or corn flour tortilla chips.

Ingredients

3 flour tortillas (10-inch, whole wheat)

Cooking oil spray

Salt (optional)

Directions

- 1) Preheat oven or toaster oven to 400°F.
- 2) Lightly grease a baking sheet with the cooking spray.
- 3) Cut tortillas into 8 sections (as if you were cutting a pizza) and place on baking sheet.
- 4) Spray tops of tortilla sections with cooking spray and lightly salt, if desired.
- 5) Bake for 10 minutes, until crisp and light brown, watching closely so the chips don't burn.

Notes

- Corn tortillas may also be used for less calories and fat.



For more information on SNAP-Ed, contact your local county extension office. BLT is located in over 200 counties across the state.