

# Wrap It Up



Tortillas and wraps may seem like an über healthy way to enjoy a sandwich. They're thinner than bread, so they *must* have fewer calories, right? Well, there are plenty of tortillas and wraps that do contain fewer calories than a couple of slices of whole wheat bread, but they run on the small side. If you order a wrap from a restaurant—some nearly a foot long—chances are you'd be better off, calorie-wise, with good old-fashioned bread. You could end up getting 300 calories or more just from the wrap vs. 160 from two slices of bread.

But wait, wraps are made with all sorts of whole grains and vegetables, making them packed with fiber and nutrition, right? Well, not so fast. True, there are wraps and tortillas on the market made of ingredients such as whole grains and beans, but far more are made primarily from processed flour. And, as for the vegetables, you won't get much in a wrap. For example, spinach or tomato wraps usually contain a very small amount of vegetable—perhaps even just vegetable flavoring and coloring.

But you don't have to forego "wrapping up" your meal. It's easy to include tortillas and wraps in a healthy diet, as long as you choose wisely.

**Helpful hints.** Here are some ideas for making the best choices:

- ▶ **Go for whole grain.** Taste- and texture-wise, there is little difference between white (refined flour) and whole wheat tortillas, so it makes sense to go for whole wheat. Check the ingredients list to find those with whole wheat flour at the top of the list. Another whole grain option is corn tortillas—great with Latin-flavored fillings, such as beans, cilantro, and fish.
- ▶ **Pack it in.** Unlike bread, fillings don't easily fall out of wraps. Take advantage by adding an assortment of healthy ingredients to your sandwiches, such as shredded carrots, diced peppers, avocados, tomatoes, and more.
- ▶ **Bonus ingredients.** Many tortillas promote their special ingredients, such as beans, flax, and oats. While such additions may boost nutrition, ensure you're actually getting appreciable amounts of these foods by locating them at the top of the ingredients list.

—Heidi McIndoo, MS, RD

## Tortillas and Wraps Nutritional Comparison

✓ **EN's Picks.** As with all EN comparisons, this is only a sampling of products. Picks contain no more than 200 calories (10% DV), 0.5 g saturated fat (2.5% DV), 310 mg sodium (13% DV), and at least 3 g fiber (12% DV).



Tortillas and Wraps	Size (g)	Calories	Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Fiber (g)	Protein (g)
<b>1 SMALL* WRAP OR TORTILLA (EXCEPT WHERE NOTED)</b>								
365 Habenero Lime Tortillas	45	130	3	1.5	22	130	1	3
365 Organic Tortilla Homestyle	50	150	3	0	26	310	1	5
365 Organic Tortilla Whole Wheat	50	130	3	0	23	270	2	4
Bimbo 100% Whole Wheat Tortilla, Soft Taco Size	45	120	3.5	1	19	270	3	4
Bimbo Flour Tortilla, Fajita Size	40	120	3	1	19	230	<1	3
Chi Chi's 100 Calorie Fajita Style	43	100	3	1	20	300	8	4
✓ Flatout Healthy Grain Soft 100% Whole Wheat	53	100	1.5	0	20	260	8	9
✓ Flatout Light Italian Herb	53	90	2.5	0	16	210	9	9
✓ Flatout Multi-Grain with Flax	53	100	2.5	0	17	200	8	9
✓ Food For Life Sprouted Corn (2 24-gram)	48	120	2	0	23	10	3	3
Frescados 7" Fajita Flour Tortilla	44	130	4	1	20	280	1	3
Frescados 8" 100% Whole Wheat	45	140	4	1	21	280	4	4
Guerrero Tortillas de Harina Caseras, Fajita	32	100	3.5	1.5	15	260	2	3
Guerrero Tortillas de Harina Integral, Soft Taco	41	120	4	2	18	210	4	4
La Banderita Soft Taco Flour Tortillas, 8"	45	140	3.5	2	22	270	1	3
✓ La Banderita Fat Free Tortillas, 8"	45	105	0	0	18	180	5	4
La Tortilla Factory Handmade Style Tortillas, Flour	47	150	5	1	21	310	<1	3
La Tortilla Factory Handmade Style Tortillas, Green Chili	41	90	1	0	14	200	1	5
La Tortilla Factory Light Tortillas, Flour	39	80	2	1	16	250	6	4
✓ La Tortilla Factory Low Carb, High Fiber made with Whole Wheat, Original Size	36	50	2	0	10	210	7	5
✓ Mission 98% Fat Free Whole Wheat	49	130	2	0.5	24	300	4	5
Mission Soft Taco Life Balance Whole Wheat	42	130	3.5	1.5	19	270	3	4
Old El Paso Flour Tortillas for Soft Tacos and Tortillas (2 23-gram)	46	150	4.5	1	24	340	0	3
Old El Paso Flour Tortillas for Burritos	39	120	3	1	21	300	<1	3
Trader Jose's Flour Tortillas with Whole Wheat	48	140	3.5	0	24	150	2	4
✓ Trader Jose's Whole Grain Flour Tortillas with Rolled Oats and Flax Seeds	47	130	2.5	0	24	140	5	4
<b>1 LARGE** WRAP OR TORTILLA</b>								
Bimbo Burrito Size Flour Tortilla	71	210	6	1.5	34	400	1	5
Chi Chi's Bistro Wraps, Spinach	63	200	5	2.5	33	590	1	5
Chi Chi's Whole Wheat Fajita Style	57	170	5	2	27	310	3	5
✓ Flatout Flatbreads Harvest Wheat 100% Stone Ground Whole Wheat	57	120	2.5	0	23	310	6	7
✓ Flatout Flatbreads The Original	57	130	2	0	24	310	3	7
Food For Life Brown Rice	57	130	2.5	0	24	160	2	2
Food For Life Exotic Black Rice	57	170	4	0.5	30	170	2	4
✓ Food For Life Ezekiel 4:9 Sprouted Grain	57	150	3.5	0.5	24	140	5	6
Frescados Garden Vegetable Flavored Wrap	68	170	4	1	28	220	4	5
Guerrero Tortillas de Harina, Burrito	95	300	9	4.5	46	480	2	8
Mission 100% Whole Wheat, Burrito	70	210	5	2	34	450	5	6
✓ Trader Jose's Handmade 100% Whole Wheat Flour Tortillas	55	160	5	0.5	25	280	4	5
Trader Jose's Handmade Flour Tortillas	55	170	5	0.5	26	290	1	5

Note: g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, Daily requirement based on 2,000 calorie/day diet. Source: food packages and company websites.

\*Selected small size for nutritional comparison, though sizes vary depending on manufacturer. \*\*Based on 1 tortilla, though sizes vary depending on manufacturer.