

"Fresco Style"* Nutrition Guide



15 "Fresco Style" Items Under 10 Grams of Fat

Item	Serving Size (gms)	Calories	Calories from Fat	Total Fat (gms)	% Daily Value**	Saturated Fat (gms)	% Daily Value**	Trans Fat (gms)	Cholesterol (mgs)	% Daily Value**	Sodium (mgs)	% Daily Value**	Carbohydrates (gms)	% Daily Value**	Dietary Fiber (gms)	% Daily Value**	Sugars (gms)	Protein (gms)	% DAILY VALUE			
																			Vitamin A	Vitamin C	Calcium	Iron
Crunchy Taco	92	150	70	7	12	2.5	13	0.5	20	7	360	15	14	5	2	8	1	7	4	4	2	6
Soft Taco - Beef	113	190	70	8	11	2.5	13	1	20	7	630	26	22	7	2	8	1	9	4	4	4	8
Ranchero Chicken Soft Taco	135	170	35	4	6	1	5	0.5	25	8	710	30	22	7	2	8	3	12	8	8	8	6
Grilled Chicken Soft Taco	128	170	45	5	8	1.5	8	0.5	15	5	560	23	21	7	2	8	3	11	4	10	8	8
Gordita Baja® - Beef	153	260	80	9	14	3	15	0	20	8	640	27	31	10	2	8	7	15	8	8	10	10
Gordita Baja® - Chicken	153	260	80	9	14	3	15	0	20	8	570	24	29	10	2	8	7	15	8	10	8	10
Gordita Baja® - Steak	153	230	60	7	11	1.5	6	0	15	5	570	24	29	10	3	12	7	13	6	6	6	10
Bean Burrito	241	350	70	8	12	2	10	2	0	1220	51	96	19	9	36	4	24	5	19	10	15	15
Burrito Supreme® - Chicken	241	350	80	9	14	2.5	13	1.5	15	5	1260	53	50	17	6	24	5	19	10	15	15	15
Burrito Supreme® - Steak	198	350	80	9	14	2	10	2	25	8	1100	46	49	16	4	16	4	16	10	10	15	15
Tostada	177	200	50	6	9	1	5	1	0	670	28	30	10	8	32	2	8	10	10	6	8	8
Enchirito® - Beef	206	270	80	9	14	3	15	1	20	7	1300	54	35	12	5	20	3	12	20	15	10	10
Enchirito® - Chicken	206	250	50	5	8	1.5	8	1	25	8	1230	51	34	11	5	20	3	16	20	15	10	10
Enchirito® - Steak	206	250	50	5	7	1	10	1	15	5	1220	51	34	11	6	24	3	14	20	15	10	10

Nutrition Guide Original Items (Note: Any item with cheese and/or sauce can be made "Fresco Style")

BIG BELL VALUE MENU™

Grande Soft Taco	206	450	190	21	32	8	40	2.5	45	15	1410	59	44	15	2	8	4	19	6	2	20	15
DOUBLE DECKER® Taco	156	340	120	14	22	5	25	1.5	25	8	810	34	39	13	5	20	2	14	4	2	15	10
DOUBLE DECKER® Taco Supreme®	191	380	160	18	28	8	40	2	40	13	820	34	41	14	5	20	4	15	8	6	15	10
Spicy Chicken Burrito	114	180	60	7	11	2	10	0.5	20	7	560	24	21	7	2	8	2	10	4	6	8	8
Spicy Chicken Burrito	191	430	170	19	29	4.5	23	2	30	10	1160	48	50	17	4	16	4	14	8	6	15	15
1/2 lb. Beef Burrito Especial	289	600	190	21	32	5	25	3	15	5	1760	73	82	27	12	48	6	21	10	8	30	20
1/2 lb. Beef Combo Burrito	241	470	170	19	29	7	35	2	45	15	1620	68	52	17	5	20	4	22	15	8	30	20
1/2 lb. Beef and Potato Burrito	252	530	220	24	37	9	45	4	40	13	1670	70	65	22	4	16	4	15	15	8	15	20
Cheesy Fiesta Potatoes	138	280	160	18	28	6	30	4	20	7	800	33	27	9	2	8	2	4	6	2	6	6
Caramel Apple Empanada	85	290	130	15	23	4	20	3.5	<5	2	290	12	37	12	1	4	14	3	0	10	6	6

TACOS

Taco Supreme®	76	170	80	10	15	4	20	0.5	25	8	350	15	13	4	<1	4	<1	8	4	0	6	6
Soft Taco - Beef	113	220	120	14	22	7	35	1	35	12	360	15	14	5	1	4	2	9	8	6	8	6
Soft Taco Supreme® - Beef	135	260	130	14	22	7	35	1	35	12	640	27	23	8	1	4	3	11	8	6	15	8
Ranchero Chicken Soft Taco	135	270	130	14	22	4	20	0.5	35	12	710	30	21	7	2	8	3	14	6	8	10	6
Grilled Steak Soft Taco	128	280	150	17	26	4.5	23	1	30	10	650	27	21	7	1	4	3	12	4	6	10	8

GORDITAS

Gordita Supreme® - Beef	153	310	140	16	25	7	35	0.5	35	12	600	25	30	10	2	8	7	14	8	6	15	15
Gordita Supreme® - Chicken	153	290	110	12	18	5	25	0	45	15	530	22	28	9	2	8	7	17	6	8	10	10
Gordita Supreme® - Steak	153	320	120	13	20	6	30	0.5	35	12	520	22	28	9	2	8	7	16	6	6	10	15
Gordita Baja® - Beef	153	350	170	19	29	5	25	0.5	30	10	760	32	31	10	2	8	7	13	6	6	15	15
Gordita Baja® - Chicken	153	320	140	15	23	3.5	18	0	40	13	690	29	29	10	2	8	7	17	6	6	10	10
Gordita Baja® - Steak	153	320	150	16	25	4	20	0	30	10	680	28	29	10	2	8	7	15	6	6	10	10
Gordita Nacho Cheese - Beef	153	300	120	13	20	4	20	1.5	20	7	740	31	32	11	2	8	7	12	4	8	10	15
Gordita Nacho Cheese - Chicken	153	270	90	10	15	2.5	13	1	25	8	670	28	30	10	2	8	7	16	2	8	8	10
Gordita Nacho Cheese - Steak	153	270	100	11	17	3	15	1.5	20	7	660	28	30	10	2	8	7	14	2	6	8	10

CHALUPAS

Chalupa Supreme - Beef	153	390	220	24	37	10	50	3	35	12	600	25	31	10	1	4	4	14	8	6	15	8
Chalupa Supreme - Chicken	153	370	180	20	31	8	40	3	45	15	530	22	30	10	1	4	4	17	6	8	10	6
Chalupa Supreme - Steak	153	370	190	22	34	8	40	3	35	12	520	22	29	10	1	4	4	15	6	6	10	8
Chalupa Baja - Beef	153	430	250	27	42	8	40	3	30	10	760	32	32	11	2	8	4	13	6	6	15	8
Chalupa Baja - Chicken	153	400	210	24	37	6	30	3	40	13	690	29	30	10	2	8	4	17	6	6	10	6
Chalupa Baja - Steak	153	400	220	25	38	7	35	3	30	10	680	28	30	10	2	8	4	15	6	6	10	8
Chalupa Nacho Cheese - Beef	153	380	200	22	34	7	35	4	20	7	740	31	33	11	1	4	4	12	4	8	10	8
Chalupa Nacho Cheese - Chicken	153	350	160	18	28	5	25	3.5	25	8	670	28	31	10	1	4	4	16	2	8	8	6
Chalupa Nacho Cheese - Steak	153	350	170	19	29	5	25	4	20	7	670	28	31	10	2	8	4	14	2	6	8	8

BURRITOS

Bean Burrito	198	370	90	10	15	3.5	18	2	10	3	1200	50	55	18	8	32	4	14	10	8	20	15
7-Layer Burrito	283	530	190	21	32	8	40	3	25	8	1380	56	66	22	10	40	6	18	15	8	30	20
Chili Cheese Burrito	156	390	160	18	28	9	45	1.5	40	13	1080	45	40	13	3	12	3	16	15	0	30	10
Burrito Supreme® - Beef	248	440	160	18	28	8	40	2	40	13	1330	55	52	17	5	20	5	17	15	15	20	15
Burrito Supreme® - Chicken	248	410	130	14	22	6	30	2	45	15	1270	53	50	17	5	20	5	21	15	15	20	15
Burrito Supreme® - Steak	248	420	140	16	25	7	35	2	35	12	1260	53	50	17	6	24	5	19	15	15	20	15
Fiesta Burrito - Beef	184	390	140	15	23	5	25	2	25	8	1160	48	50	17	3	12	4	14	10	6	20	15
Fiesta Burrito - Chicken	184	370	100	12	18	3.5	18	2	30	10	1080	45	48	16	3	12	4	18	8	6	20	15
Fiesta Burrito - Steak	184	370	110	13	20	4	20	2	25	8	1080	45	48	16	4	16	4	16	8	4	20	15
Grilled Stuft Burrito - Beef	325	720	300	33	51	11	55	3.5	55	18	2080	87	79	26	7	28	6	27	15	6	35	25
Grilled Stuft Burrito - Chicken	325	680	230	26	40	7	35	3	30	23	1950	81	76	25	7	28	6	35	10	10	30	20
Grilled Stuft Burrito - Steak	325	680	250	28	43	8	40	3	55	18	1940	81	76	25	8	32	6	31	10	6	30	25

Say "Fresco"

...to replace cheese and sauce[†]
with Fiesta Salsa for lower fat.*

15 ITEMS
under
10g
of fat



Of course, you can always get in touch with us at
www.TACOBELL.com, too. Or if you want, give us a call at

1-800-TACO-BELL (822-6235).

Fresco Style Nutritional Brochure ©2004 TACO BELL CORP.
Rev3 Item #001

For the tastes you love with 25% less fat,* order your favorites "Fresco"!

Looking for products that are better for you? Just order anything on our menu "Fresco Style." When you voice that choice, we'll know to swap in our freshly-prepared Fiesta Salsa—a zesty mix of diced tomatoes, onions and cilantro—for any sauce or cheese.

Fiesta Salsa packs in lots of flavor, but adds only five calories per serving and no fat. So, when you choose to order "Fresco Style," many of your TACO BELL® favorites just got better for you, with 15 items under 10 grams of fat.

Plus, we're always happy to tailor any of our products for you, whatever the reason. The truth is, most of our customers have been personalizing their orders—their way—for more than 40 years.

Great tasting food is what we're all about. That's why we put so much emphasis on quality. At "The Bell®," you'll find only the finest ingredients, USDA-select Carne Asada steak, grilled, marinated all-white-meat chicken[‡] and 100% real cheeses.

Where the chips and the Fiesta Salsa are freshly-prepared, on-site daily. Where crisp lettuce and juicy tomatoes are always fresh, and seasoned ground beef is never frozen.

The fact is, all of our food orders—*your order*—are made-to-order. You won't see microwaves or pre-made tacos at The Bell®. Never. Not once.

You've always been able to taste the TACO BELL® difference—our unique combination of tastes and textures. And millions of you agree with us each day.

So, it's your choice. Whether you order it your own personal way, or now order it "Fresco Style," you know you're getting real food, that's really good. That's what you get when you "Think Outside The Bun.™"

If you want to see more lower-fat alternatives and a full nutritional breakdown, check out our interactive substitution calculator online at www.TACOBELL.com.

Here are just a few examples of making your TACO BELL® favorites "Fresco Style" (See complete list of 15 "Fresco Style" items under 10 grams of fat inside brochure.)

Item	Items made "Fresco Style"		Original Items	
	Grams of Fat	Calories	Grams of Fat	Calories
Beef Crunchy Taco	7	150	10	170
Ranchero Chicken Soft Taco	4.5	170	15	270
Grilled Steak Taco	5	170	17	280
Baja Beef Gordita	9	250	19	350
Bean Burrito	8	350	10	370
Chicken Fiesta Burrito	9	350	12	370



* "Fresco Style" reduces fat by 25% for most menu items compared to the original menu item.

† Excludes red sauce and pizza sauce.

‡ All-white-meat Chicken available in U.S. only. Nutritional values will vary accordingly.

Claims in this brochure apply only to TACO BELL® products and may not apply to other products sold in the same location.