Tortilla Guide

We use ~8" whole wheat tortillas (like Mission Whole Wheat Original Tortillas) as it's an affordable, accessible, nutritious choice. However, you can choose another option, here are a few swaps and how they differ:





*These options are the closest to what we use both nutritionally and taste wise. Individual brands can vary.



PITA (1/2)

Tend to have a similar nutritional profile, may be larger portions



WHEAT CRACKERS

A crunchy alternative, may have a few grams less fiber. Serving for serving nutrition can be quite similar depending on variety.



WHEAT BREAD(2)

Depending on your variety/size may need 2 slices to equal 1 tortilla



*These options have more nutritional differences but can st ill be used as a swap! Individual brands can vary.



FLOUR

Similar nutrient profile with less fiber, often has softer texture.



LOW CARB

Tend to be much lower in carbs & calories, more fiber. Consider adding at least ½ serving of additional carb.



EGG WRAPS

Tend to be much lower in calories, and lacking in carbs (total & fiber), adds a protein boost. Consider adding a full serving of additional carb.



ALMOND FLOUR

Tend to be more energy dense due to more fat, less fiber. May have a more firm texture.



GLUTEN FREE

A few grams less protein due to gluten removal, not necessary for most people unless a medical diagnosis is present, such as celiac disease.