

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 still 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 1/2 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.



TORTILLA CHIPS

A crispier alternative. Typically provides less protein and fiber with more carbohydrates and fat.



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.



FLATBREAD/NAAN

Depending on size, typically 1/2 would provide similar carbs/calories with possibly less fiber if not whole wheat (as traditionally made).

Tortilla Fact Sheet

Per 1, ~8" whole wheat tortilla

Calories	Fat	Protein	Carbs	Fiber	Cost
110	2	4	22	5	0.33



- Whole wheat tortillas provide ~5g of fiber per serving, helping **support digestion, keep you satisfied, and maintain stable blood sugar**, compared to 0–2g in flour or corn tortillas.
- They're an easy, no-cook source of carbohydrates, the **body's main fuel**, which supports brain function, preserves lean body mass, helps stabilize mood, and powers daily activities.
- Whole wheat naturally contains **B1, B2, B3, B5, B6, and folate**, which help your body turn food into energy, support brain and nerve function, maintain healthy red blood cells, and contribute to mood, focus, and overall heart and cell health.
- Provides **magnesium** (~8–10% of daily needs): which supports muscle and nerve function, energy production, and bone health.
- Also provides **iron** (6–12% of daily needs): Helps make healthy red blood cells and transport oxygen throughout the body.