# Dietitians Recommend Five Low-Calorie Taco Bell Menu Items for Weight Loss



Dietitians Jen Hernandez and Ella Davar suggest that it is possible to lose weight while eating certain items from Taco Bell. They shared this information on Thursday to Fox News, recommending five specific menu items that provide nutritional content while remaining relatively low-calorie.

1. **Black Bean Soft Taco** (170 calories): Recommended by Hernandez for its low sodium (390 mg) and high fiber content (5 grams), equating to about 20% of the daily recommended fiber intake.

2. **Black Bean Chalupa** (340 calories): Davar’s preferred choice, praised for being high in plant-based protein, fiber, antioxidants, and polyphenols from vegetables, along with its "gut-friendly" fiber content.

3. **Breakfast California Crunchwrap** (630 calories): The duo's only breakfast pick, consisting of eggs, bacon, tomatoes, cheddar cheese, guacamole, and a hash brown, described as high in complete protein.

4. **Black Bean Crunchwrap Supreme** (510 calories): Noted by Davar for its high fiber content and substantial portions of lettuce and tomatoes, making it a suitable calorie-count lunch choice.

5. **Nachos BellGrande** (740 calories): Although higher in calories, Hernandez recommends modifying it by swapping meat with black beans and adding guacamole and additional veggies to boost fiber and protein content.

The dietitians highlight Taco Bell as a viable option for healthier fast-food dining, noting the franchise’s increasing focus on incorporating fresh plants, plant proteins, and low-sodium food items.