

I have created this list of selected items from Baja Fresh for you to use when you must eat out. The items listed fall generally under 400 calories or so and under 15 grams of fat and 600 milligrams of sodium.

Item	Calories	Fat (g)	Trans Fat (g)	Sodium (mg)	Fiber (g)
Original Baja Taco					
Chicken	210	5	0	230	2
Steak	230	8	0	260	2
Carnitas	220	7	0	280	2
Shrimp	200	5	0	280	2
Americano Soft Taco					
Chicken	230	10	0	590	2
Breaded Fish	240	11	0	490	2
Mahi Mahi	240	10	0	490	2
Baja Fish Taco - Fried					
Breaded Fish	250	13	0	420	2
Grilled Mahi Mahi					
Grilled Mahi Mahi	230	9	0	300	4
Salad Dressing					
Fat Free Salsa Verde	15	0	0	370	1
Sides					
Side Salad	130	6	0	430	4
3 oz. Side Guacamole	110	13	0	270	2
Veggie Mix	110	0	0	330	6
Side Mahi Mahi	210	3	0	240	0
1 ½ oz. side Corn Tortilla Chips	210	9	0	55	3

Nutrition information for Baja Fresh is © 2010 Fresh Enterprises. Selected nutrition information is provided here as a service to Dr. Gourmet readers. Download the complete nutrition information at <http://www.bajafresh.com/nutritionals.php>