



Useful nutrition tips from
Natalie Greene, RD

Lets Rap About Wraps

Greek Chicken Wrap - 375 cal
Roast Beef & Swiss Wrap - 370 cal (no dressing)
Grilled Chicken Wrap - 375-450 cal (no dressing)
Chicken Caesar Wrap - 630-757 cal

Turkey Wrap (sliced turkey, spring mix, tomato and Dijon mustard sauce wrapped in a whole wheat tortilla - 255 cal

It is clear to see not all wraps are created equal. Create your own at the Deli of your choice. Start with a 6 in. whole wheat wrap, add 3 slices of chicken or turkey, some mixed greens, tomato and lite dressing. APPROX - 300 cal. The perfect lunch.

If a wrap looks bigger than 6 inches in length, eat half and have some fruit salad as your side dish.

I love suggestions, so if you would like to submit a topic for a future tip, please email it to me.

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