

My Taco Bell food-comparison worksheet

Carbs, fiber and sodium for common Taco Bell items from Taco Bell's nutrition guide, a worksheet to add up an order, and questions for your care team. Write your own numbers and notes. The values come from Taco Bell for standard servings and can differ from what you are served. This worksheet does not set a carb target, recommend a meal or tell you how to take insulin or other medicines, and nothing you write is collected.

Safety first.

- Get medical help right away, and call 911, if a person with low blood sugar is not alert or cannot be woken up.
- If signs of low blood sugar do not improve after a snack that contains sugar, call 911 or have someone drive you to the emergency room. Do not drive while your blood sugar is low.
- Go to the emergency room or call 911 right away for signs of diabetic ketoacidosis (DKA), such as fruity-smelling breath, vomiting with no way to keep food or drinks down, trouble breathing, or several DKA symptoms at once.
- Do not change your insulin or other diabetes medicines without talking with your doctor.

Food-comparison table

Values as listed in Taco Bell's nutrition guide (last updated October 13, 2026) for standard servings. Grams in the serving column are the item weight on the guide's nutrition label, rounded. Carb servings are our arithmetic: total carbs divided by 15 g, rounded to the nearest half. Fountain drink values do not account for ice. Rows are examples in menu order, not a ranked or recommended list.

Menu item	Serving	Calories	Total carbs	Carb servings	Fiber	Total sugars	Protein	Sodium
Tacos								
Crunchy Taco	1 taco (about 78 g)	170	13 g	1	3 g	0 g	7 g	310 mg
Soft Taco - Beef	1 taco (about 92 g)	180	18 g	1	3 g	1 g	9 g	500 mg
Soft Taco - Chicken	1 taco (about 89 g)	160	16 g	1	1 g	1 g	12 g	510 mg
Burritos								
Bean Burrito (V)	1 burrito (about 190 g)	360	54 g	3.5	8 g	3 g	13 g	1,080 mg
Burrito Supreme® - Chicken	1 burrito (about 230 g)	370	49 g	3.5	6 g	4 g	19 g	1,170 mg
Beefy 5-Layer Burrito	1 burrito (about 223 g)	490	65 g	4.5	7 g	4 g	17 g	1,290 mg
Bowls								
Cantina Chicken Bowl	1 bowl (about 412 g)	580	55 g	3.5	11 g	4 g	26 g	1,320 mg
Veggie Bowl	1 bowl (about 376 g)	510	60 g	4	13 g	4 g	13 g	1,040 mg
Specialties and quesadilla								
Crunchwrap Supreme®	1 crunchwrap (about 258 g)	530	74 g	5	6 g	6 g	15 g	1,210 mg
Mexican Pizza	1 order (about 213 g)	530	51 g	3.5	8 g	3 g	19 g	1,000 mg
Quesadilla - Chicken	1 quesadilla (about 179 g)	490	44 g	3	4 g	3 g	26 g	1,240 mg
Nachos and sides								
Nachos BellGrande® - Beef	1 order (about 301 g)	730	81 g	5.5	13 g	4 g	17 g	1,180 mg
Chips and Nacho Cheese Sauce (V)	1 order (about 71 g)	220	24 g	1.5	2 g	1 g	3 g	280 mg
Black Beans (V)	1 order (about 43 g)	50	7 g	0.5	4 g	0 g	3 g	140 mg

Menu item	Serving	Calories	Total carbs	Carb servings	Fiber	Total sugars	Protein	Sodium
Black Beans & Rice (V)	1 order (about 116 g)	160	25 g	1.5	5 g	<1 g	4 g	370 mg
Pintos N Cheese (V)	1 order (about 122 g)	170	19 g	1.5	7 g	1 g	9 g	680 mg
Cinnamon Twists (V)	1 order (about 35 g)	170	27 g	2	<1 g	11 g	2 g	150 mg
Drinks								
Water	12 fl oz	0	0 g	0	0 g	0 g	0 g	0 mg
Lipton Unsweetened Iced Tea (16 fl oz)	16 fl oz	0	0 g	0	0 g	0 g	0 g	140 mg
Diet Pepsi® (16 fl oz)	16 fl oz	0	0 g	0	0 g	0 g	0 g	75 mg
Pepsi® (16 fl oz)	16 fl oz	200	55 g	3.5	0 g	55 g	0 g	40 mg
Pepsi® (20 fl oz)	20 fl oz	250	69 g	4.5	0 g	69 g	0 g	50 mg
Pepsi® (30 fl oz)	30 fl oz	380	103 g	7	0 g	103 g	0 g	80 mg

Before you order

- ☐ I know the amount of carbohydrate my care team suggested for a meal, or I have a question ready to ask them.
- ☐ I looked up every item in Taco Bell's nutrition guide or calculator, including the drink and any side.
- ☐ I checked the serving: how many of each item, the drink size, and whether I will share or save part of it.
- ☐ I checked any changes I plan to make, such as Fresco style or leaving out an ingredient, in the calculator.
- ☐ I know which items in my order bring fiber or protein along with the carbs.
- ☐ I added up carbs, fiber and sodium for the whole order.
- ☐ If I use insulin or a medicine that can cause low blood sugar, I am following my care team's plan for meals and carry a fast-acting sugar source.
- ☐ If I drink alcohol, I will eat food with it.

Add up my order

Item and how many	Serving or drink size	Total carbs (g)	Fiber (g)	Sodium (mg)	Changes I made
Total					

Questions for your care team or dietitian

Bring these to your doctor, diabetes educator or registered dietitian. Add your own.

How many grams of carbohydrate should I aim for at a meal, and is that different when I eat out?

If I use mealtime insulin, how should I count the carbs in a restaurant meal, and what should I do when I am not sure of the amount?

Should I limit sodium, and what amount per day fits my health?

Which drinks fit my plan?

Is my medicine one that can cause low blood sugar, and what is my plan if a meal is late, smaller than usual or skipped?

Can you refer me to diabetes self-management education and support (DSMES) or a registered dietitian for help planning meals out?

My own question:

Sources

Taco Bell: Full Nutrition Information and Nutrition Calculator (tacobell.com/nutrition, hosted by Nutritionix). CDC: Carb Counting; Diabetes Meal Planning; Eating Out; Treatment of Low Blood Sugar (Hypoglycemia); Diabetic Ketoacidosis (cdc.gov). American Diabetes Association: Make Healthy Choices at a Fast-Food Restaurant (diabetes.org). FDA: Calories on the Menu; How to Understand and Use the Nutrition Facts Label (fda.gov). MedlinePlus: Low blood sugar - self-care (medlineplus.gov).

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