FIRESIDE

Heart Smart

Dietary guidelines recommend limiting sodium to <2300 mg per day, and saturated fat to <10% of calories per day for adults. See below for menu items to help you reach this target.

ENTREES (≤500 mg sodium, ≤5 g saturated fat)

GRILLED CHICKEN BREAST *(1g saturated fat, 260 mg sodium)*

SEARED SALMON *(3g saturated fat, 270 mg sodium)*

TUNA SALAD *(5g saturated fat, 290 mg sodium)*

GREEK CHICKEN *(2g saturated fat, 320 mg sodium)*

SALMON TOGARASHI *(3.5g saturated fat, 190 mg sodium)*

BEEF STIR FRY OVER RICE *(1.5g saturated fat, 170 mg sodium)*

SIDES (≤100 mg sodium, ≤1 mg saturated fat)

HOUSE SALAD *(0g saturated fat, 95 mg sodium)*

FRUIT SALAD *(0g saturated fat, 5 mg sodium)*

SAUTEED BROCCOLI W/LEMON AND GARLIC *(0g saturated fat, 45 mg sodium)*

HARVARD BEETS *(0g saturated fat, 70 mg sodium)*

BAKED POTATO *(0g saturated fat, 30 mg sodium)*

STEAMED BROCCOLI *(0g saturated fat, 45 mg sodium)*

Charlestown
BY ERICKSON SENIOR LIVING®