

# ATRIUM

## Heart Smart

Dietary guidelines recommend limiting sodium to <2300 mg per day, and saturated fat to <10% of calories per day for adults.

### ENTREES

(≤500 mg sodium, ≤5 g saturated fat )

**GRILLED SALMON** (3g saturated fat, 170 mg sodium)

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

**GRILLED SHRIMP** (0g saturated fat, 270 mg sodium)

**CHICKEN FRANCAISE** (1.5g saturated fat, 300 mg sodium)

**EGG SHAKSHUKA** (3.5g saturated fat, 250 mg sodium)

**SHRIMP POMODORO** (1.5g saturated fat, 300 mg sodium)

**BLACKENED CATFISH** (2.5g saturated fat, 170 mg sodium)

**CHICKEN WOODLAND** (3g saturated fat, 290 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)

**BLACK BEAN SOUP** (1g saturated fat, 60 mg sodium)

**RANCH HOME FRIES** (0g saturated fat, 15 mg sodium)

**BROCCOLI WITH LEMON AND GARLIC**

(0g saturated fat, 45 mg sodium)

**BAKED SWEET POTATO** (0g saturated fat, 15 mg sodium)

**PLAIN VEGETABLES:**

*ASPARAGUS, BROCCOLI, SQUASH, CARROTS*