

# CHESAPEAKE

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

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

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

CAULIFLOWER TACOS (2.5g saturated fat, 240 mg sodium)

CHICKEN PROVENCAL (3.5g saturated fat, 240 mg sodium)

THAI CHILI SALMON (3.5g saturated fat, 370 mg sodium)

PAN SEARED TROUT (2.5g saturated fat, 190 mg sodium)

CHICKEN ALEXANDER (4.5g saturated fat, 280 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)

GREEN BEANS (0g saturated fat, 5 mg sodium)

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

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

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

PLAIN BRUSSEL SPROUTS (0g saturated fat, 25 mg sodium)