

FIRESIDE

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 SALMON (3g saturated fat, 170 mg sodium)

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

HERB CRUSTED COD (3g saturated fat, 130 mg sodium)

PASTA PRIMAVERA (1g saturated fat, 210 mg sodium)

SALMON TOGRASHI (3.5g saturated fat, 190 mg sodium)

VEGETARIAN JAMBALAYA (0g saturated fat, 160 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)

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

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

PLAIN VEGETABLES:

CORN, CARROTS, PEAS, ZUCCHINI, SQUASH