

# TERRACE

## 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 )

TUNA SALAD SANDWICH (3.5g saturated fat, 450 mg sodium)

SHRIMP SALAD SANDWICH (3g saturated fat, 470 mg sodium)

CHICKEN SALAD SANDWICH (4g saturated fat, 430 mg sodium)

EGG SALAD PLAIN (5g saturated fat, 210 mg sodium)

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

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

GRILLED PORTOBELLO (0.5g saturated fat, 135 mg sodium)

GRILLED SALMON (3g 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)

*Check out the daily specials for more\**