

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 SHRIMP TACOS (2g saturated fat, 300 mg sodium)

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

SEAFOOD SALAD (4.5g saturated fat, 490 mg sodium)

BBQ PULLED CHICKEN (0.5g saturated fat, 300 mg sodium)

GRILLED BASA W/CHICKPEA SALAD (4g saturated fat, 260 mg sodium)

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

LEMON CHICKEN & BROCCOLINI (1g saturated fat, 210 mg sodium)

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

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

SIDES

(≤100 mg sodium, ≤1 mg saturated fat)

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

FRUIT SALAD (0g saturated fat, 15 mg sodium)

ARUGULA PEAR SALAD (0.5g saturated fat, 5 mg sodium)

GAZPACHO (0g saturated fat, 85 mg sodium)

STEWED TOMATOES W/OKRA (0g saturated fat, 30 mg sodium)

PLAIN VEGETABLES:

BAKED POTATO, CORN ON THE COB, KALE, BRUSSEL SPROUTS, SQUASH