

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)

CAJUN CHICKEN W/ BLACK BEAN SALSA (3g saturated fat, 150 mg sodium)

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

THAI CHILI SALMON (3.5g saturated fat, 180 mg sodium)

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

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

CHICKEN MARSALA (3.5g saturated fat, 190 mg sodium)

GRILLED CHICKEN (1g saturated fat, 260 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, 15 mg sodium)

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

PLAIN RICE (0g saturated fat, 0 mg sodium)

PLAIN VEGETABLES:

BROCCOLI, SPAGHETTI SQUASH, BAKED POTATO, BEETS