

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)

CHICKEN TIKKA MASALA (3g saturated fat, 350 mg sodium)

PORK KABOB (2g saturated fat, 220 mg sodium)

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

LNGUINE WITH MEAT SAUCE (4g saturated fat, 380 mg sodium)

MISO GLAZED SALMON (3g saturated fat, 105 mg sodium)

PICKLE BRINED FRIED CHICKEN (1g saturated fat, 80 mg sodium)

SEARED SALMON (3g saturated fat, 270 mg sodium)

GRILLED CHICKEN BREAST (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)

ASIAN GREEN BEANS (0g saturated fat, 65 mg sodium)

PLAIN VEGETABLES:

GREEN BEANS, SPINACH, CARROTS, CABBAGE