



## HEART HEALTHY SELECTIONS

### TERIYAKI CHICKEN

W/ PESTO PASTA SALAD AND VEGETABLE OF THE DAY

TOTAL CALORIES: 575 TOTAL FAT: 13g SATURATED FAT: 3g SODIUM: 764mg  
FIBER: 6g CARBOHYDRATES: 48g

### VEGETABLE PLATE

TOTAL CALORIES: 328 TOTAL FAT: 20g SATURATED FAT: 0.3g SODIUM: 151mg  
FIBER: 11.5g CARBOHYDRATES: 36g

### GRILLED SALMON

W/ WILD RICE AND VEGETABLE OF THE DAY

TOTAL CALORIES: 480 TOTAL FAT: 9.5g SATURATED FAT: 0.5g SODIUM: 744mg  
FIBER: 3g CARBOHYDRATES: 47g

### TUNA STEAK

W/ WILD RICE AND VEGETABLE OF THE DAY

TOTAL CALORIES: 566 TOTAL FAT: 12.5g SATURATED FAT: 3.5g SODIUM: 732mg  
FIBER: 3g CARBOHYDRATES: 46g



Indicates selection certified as heart-healthy by Medical City Heart. Ask your waitstaff for more information or visit [medicalcityheart.com](http://medicalcityheart.com)

