



# HUEY'S®



## HEART HEALTHY MENU

Most men need between 1800 – 2000 calories per day. Most women need between 1300 – 1500 calories per day. Most men and women need between 2000 mg – 3500 mg of sodium per day and most of their fat consumption needs to be from *Monounsaturated fats, which are the good fats*. Dietitians consider less than 500 mg of Sodium for a meal, low sodium.

***The amounts listed below are for the menu items only. For example, if the patron was to eat the Grilled Tuna Sandwich plus a 12 ounce coke, their total calorie intake would be 445 calories for the grilled tuna sandwich and 145 calories for the coke, totaling 590 calories for that meal.***

**Grilled Tuna Sandwich**

Approximately 445 calories  
 Approximately 10 grams  
                   monounsaturated fat  
 Approximately 480 mg Sodium

**Low fat Huey Burger**

Approximately 456 calories  
 Approximately 7.8 grams  
                   monounsaturated fat  
 Approximately 375mg Sodium

**Low Fat Turkey Supreme Sandwich**

Approximately 422 calories  
 Approximately 10 grams  
                   monounsaturated fat  
 Approximately 480 mg sodium

**Low Fat Huey's Veggie Burger**

Approximately 312 calories  
 Approximately 5.5 grams  
                   monounsaturated fat  
 Approximately 500 mg sodium

**Mahi Mahi Plate**

Approximately 569 Calories  
 Approximately 15 grams of monounsaturated fat  
 Approximately 480 mg sodium

*Items not listed on the Table Tent that are Heart Healthy:*

**Thai Chicken Salad**

Approximately 427 calories  
 Approximately 8 grams  
                   monounsaturated fat  
 Approximately 275 mg sodium

**Spinach Salad**

Approximately 276 calories  
 Approximately 11 grams  
                   monounsaturated fat  
 Approximately 496 sodium

**Grilled Chicken Salad**

Approximately 529 calories  
 Approximately 15 grams monounsaturated fat  
 Approximately 398 mg sodium