



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.

Most patrons on these diets have been instructed by their physician or dietitian to follow these guidelines. ***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.***

SERVERS: please write down any of our patrons' questions so that we can meet their needs as they come up.

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