



Healthy Option	With New American Heart Association Guidelines			
1500 - 2300 mg Na/Day	1500 mg Na / Day or less 300 mg Cholesterol or less	100 - 150 gm / Day	30 gm Daily	1500 / 2000 mg / Day or Less
Meal Guidelines				
Calories 0 - 800	Calories 0 - 800	Calories 0 - 800	Know Your Daily Needs	Calories 0 - 800
Total Fat Less Than 30% of Total Calories	Total Fat Less Than 27% of Total Calories	Total Fat Less Than 30% of Total Calories		
Saturated Fat Less Than 10%	Saturated Fat Less Than 7%	Saturated Fat Less Than 10%		
Trans Fats	Trans Fats Less Than 1% Daily	Trans Fats Less Than 1% Daily		
Sodium 800 mg or Less	Sodium 500 mg or Less	n/a		Sodium 500 mg or Less
Cholesterol	100 mg or less	n/a		
Net Carbs (Total Carb-Fiber)	n/a	45 gm or less		n/a
Fiber	Choose Whole Grain	Choose Whole Grain	At least 10 gm	
Entrée Guidelines				
Calories 0 - 500	Calories 0 – 500 or According To Your Needs	According To Your Needs	According To Your Needs	According To Your Needs
Total Fat Less Than 30% of Total Calories	Total Fat Less Than 27% of Total Calories	Total Fat Less Than 30% of Total Calories		
Saturated Fat Less Than 10%	Saturated Fat Less Than 7%	Saturated Fat Less Than 10%		
Sodium 600 mg or Less	Sodium 350 mg or Less	n/a		Sodium 350 mg or Less
Cholesterol	100 mg or less	n/a		
Net Carbs (Total Carb-Fiber)	n/a	30 gm or less		
Fiber	Choose Whole Grain	Choose Whole Grain	At least 5 gm	
Side Dishes				
Calories 0 - 250				
Total Fat Less Than 30% of Total Calories	Total Fat Less Than 27% of Total Calories	Total Fat Less Than 30% of Total Calories		
Saturated Fat Less Than 10%	Saturated Fat Less Than 7%	Saturated Fat Less Than 10%		
Sodium 200 mg or Less	Sodium 150 mg or Less	n/a		Sodium 150 mg or Less
Cholesterol	100 mg or less	n/a		
Net Carbs (Total Carb-Fiber)	n/a	30 gm or less		
Fiber	Choose Whole Grain	Choose Whole Grain	At least 5 gm	
Soups				
Calories 0 - 250	Calories 0 - 250	Calories 0 - 250		
Total Fat 5 gm or less	Total Fat 5 gm or less	Total Fat 5 gm or less		
Saturated Fat Less Than 10%	Saturated Fat Less Than 10%	Saturated Fat Less Than 10%		
Sodium 600 mg or Less	Sodium 300mg or Less			Sodium 300 mg or Less
Cholesterol	20 mg or less	n/a		
Net Carbs (Total Carb-Fiber)	n/a	30 gm or less		
Fiber	n/a	n/a	At least 5 gm	

