

Sodium Tracker



Helpful tips:

- Sodium levels of the same food can vary widely, so educate yourself by reading labels and looking for lower sodium options when you're grocery shopping.
- When preparing homemade meals, check the nutrition labels for the sodium content in individual ingredients, then add up the totals.
- Different brands and restaurant preparation of the same foods may have different sodium levels, so ask your server or look online for sodium content of restaurant foods.

Today's date:

Meal	Food	Sodium (mg)	Notes
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			
Daily Sodium Total:			
My Goal:			

