

# SODIUM TRACKER



American  
Heart  
Association.

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. Check nutrition labels of the foods you eat and prepare. When preparing homemade foods, check the sodium content in individual ingredients, then add up the totals. Sodium levels of the same food can vary widely, so educate yourself by reading labels and looking for lower sodium options.

MEAL	FOOD	SODIUM	NOTES
<b>Breakfast</b>			
<b>Snack</b>			
<b>Lunch</b>			
<b>Snack</b>			
<b>Dinner</b>			
<b>Snack</b>			
	<b>DAILY SODIUM TOTAL</b>		