

Sodium Tracker



Meal	Foods	Sodium	Notes
Breakfast			
Lunch			
Dinner			
Snacks			

Daily Sodium Total:



Reading a food label: Different brands of the same food may have different levels of sodium. Always check the food label and serving size when tracking your sodium.

When making food from scratch, check the labels for sodium content of each ingredient, then add up the sodium amount depending on how much you use.

More Tips from the American Heart Association:

- Don't forget to check the nutrition labels. Watch for the words "soda" and "sodium" and the symbol "Na" on labels, which means there is sodium in that food.
- Use fresh, skinless poultry that doesn't have added sodium. Choose less fried or processed chicken.
- When choosing soup, try lower-sodium varieties.
- Make your sandwiches with reduced-fat cheese and try not to pile on the condiments. Minimize processed red meats, cured or smoked meats, and other salty processed foods.

Nutrition Facts

Serving Size oz.
Serving Per Container

Amount Per Serving:

Calories	Calories From Fat	% Daily value*
<hr/>		
Total Fat		%
Saturated Fat		%
Trans Fat		
Cholesterol		%
Sodium		%
Total Carbohydrate		%
Dietary Fiber		%
Sugars		
Protein		

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

- Choose foods with potassium to counter the effects of sodium. It may help lower your blood pressure. High-potassium foods can include:
avocados, potatoes, greens, spinach, mushrooms, lima beans, peas, tomatoes, tomato juice and tomato sauce, oranges and orange juice, prunes and prune juice, raisins and dates, fat-free or low-fat (1%) milk, fat-free yogurt.