

02/14

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
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			
DAILY SODIUM TOTAL			