

# SODIUM TRACKER



When recording your sodium intake, be sure to keep in mind that 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. To track your sodium intake check the 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 it is important to educate yourself by reading labels and looking for low-sodium options.

The American Heart Association's Heart-Check mark—whether in the grocery store or restaurant helps shoppers see through the clutter on grocery store shelves to find foods that help you build a heart-healthy diet. Visit [heart.org/sodium](http://heart.org/sodium) for more information.

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