

Sodium Tracking Log

- Find the correct meal (in the left column) and record the name of the foods or beverages you had, the amount of sodium (mg) they contained per serving, how many servings you had and the total sodium for the meal.
- In the bottom row of the table, calculate the total milligrams of sodium you had for that day by adding the sodium totals from each row. **Do not exceed more than 2,000 mg per day.**

Meal	Food/Beverage	Sodium (mg) per Serving	Servings eaten	Total Sodium (mg)
Example	<i>1 can of Campbell's low sodium chicken noodle soup</i>	<i>120mg</i>	<i>1 serving of each</i>	<i>120+ 48 = 168mg</i>
	<i>Dannon Greek Vanilla Yogurt</i>	<i>48mg</i>		
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				
Total Daily Sodium (mg):=				