



# Week 1 Salt Mini Challenge Tracker

Week 1 Average Daily Total: \_\_\_\_\_

*Calculate your average daily total by adding up your Daily Total from Days 2-7 and divide by 6.*

## Seek Out the Sodium

Sodium is measured in milligrams (mg). Track how many milligrams you are eating in your diet this week and calculate your Week 1 Average Daily Total. When tracking your sodium intake, be sure to check the nutrition labels of the foods you eat and prepare.

	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast						
Lunch						
Dinner						
Snacks & Drinks						
Daily Total						

### Watch out for these sodium ingredients that contain “hidden” sodium:

- |                               |                        |                           |
|-------------------------------|------------------------|---------------------------|
| 1. Disodium guanylate (GMP)   | 8. Salt                | 18. Sodium lauryl Sulfate |
| 2. Disodium inosinate (IMP)   | 9. Sea salt            | 19. Sodium metabisulfite  |
| 3. Fleur de sel               | 10. Sodium bicarbonate | 20. Sodium phosphate      |
| 4. Himalayan pink salt        | 11. Sodium nitrate     | 21. Trisodium phosphate   |
| 5. Kosher salt                | 12. Sodium citrate     |                           |
| 6. Monosodium glutamate (MSG) | 13. Sodium chloride    |                           |
| 7. Rock salt                  | 14. Sodium diacetate   |                           |
|                               | 15. Sodium erythorbate |                           |
|                               | 16. Sodium glutamate   |                           |
|                               | 17. Sodium lactate     |                           |

### Check Nutrition Labels:

- Start with the serving information at the top of the label. This will tell you the size of a single serving and the total number of servings in the package.
- Review the sodium line on the label and adjust for how many servings you're eating.

### Table Salt:

1/16 teaspoon salt = 144 mg  
 1/8 teaspoon salt = 288 mg  
 1/4 teaspoon salt = 575 mg  
 1/2 teaspoon salt = 1,150 mg  
 3/4 teaspoon salt = 1,725 mg  
 1 teaspoon salt = 2,300 mg

**As a reminder, the American Heart Association (AHA) recommends a maximum of 2,300 mg a day and an ideal limit of 1,500 mg of sodium intake per day for most adults.**