



Week 2 Salt Mini Challenge Tracker

Total Daily Sodium Goal: _____

Using the instructions from Day 8, write down your Week 2 Total Daily Sodium Goal.

Week 2 Average Daily Total: _____

Calculate your average daily total by adding up your Daily Total from Days 8-14.

Set a Goal and Roll With It

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 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
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.