



# Week 5 Salt Mini Challenge Tracker

**Total Daily Sodium Goal:** \_\_\_\_\_

*Using the instructions from Day 8, write down your Week 5 Total Daily Sodium Goal.*

**Week 5 Average Daily Total:** \_\_\_\_\_

*Calculate your average daily total by adding up your Daily Total from Days 29-35.*

## Cut the Cold Cuts

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 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35
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.**