



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:

1. 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.
2. 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.

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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:

- | | | |
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| 2. Disodium inosinate (IMP) | 9. Sea salt | 19. Sodium metabisulfite |
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Week 3 Salt Mini Challenge Tracker

Total Daily Sodium Goal: _____

Using the instructions from Day 8, write down your Week 3 Total Daily Sodium Goal.

Week 3 Average Daily Total: _____

Calculate your average daily total by adding up your Daily Total from Days 15-21.

Add Veggies to your Pizza

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 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Breakfast							
Lunch							
Dinner							
Snacks & Drinks							
Daily Total							

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

- | | | |
|-------------------------------|------------------------|---------------------------|
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| 5. Kosher salt | 12. Sodium citrate | |
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Week 4 Salt Mini Challenge Tracker

Total Daily Sodium Goal: _____

Using the instructions from Day 8, write down your Week 4 Total Daily Sodium Goal.

Week 4 Average Daily Total: _____

Calculate your average daily total by adding up your Daily Total from Days 22-28.

Split the Sandwich & Soup

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 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Breakfast							
Lunch							
Dinner							
Snacks & Drinks							
Daily Total							

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

- | | | |
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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:

- | | | |
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Week 6 Salt Mini Challenge Tracker

Total Daily Sodium Goal: _____

Using the instructions from Day 8, write down your Week 6 Total Daily Sodium Goal.

Week 6 Average Daily Total: _____

Calculate your average daily total by adding up your Daily Total from Days 36-42.

Veggify Burritos & Tacos

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 36	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42
Breakfast							
Lunch							
Dinner							
Snacks & Drinks							
Daily Total							

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

- | | | |
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