

Sodium Day Tracker

THE MEASURED PLATE

Date _____ My sodium limit _____ mg a day

Low

140 mg or less in a serving

In between

141 to 460 mg

High

more than 460 mg

Salt you add

¼ teaspoon is 580 mg

Food	Amount	Sodium (mg)	Running total
Breakfast			
Lunch			
Dinner			
Snacks and drinks			
Total for the day			