

# healthy cooking sodium tracker

	Meal	Food	Sodium/mg	Daily Total	Over Under*
MONDAY	Breakfast				
	Lunch				
	Dinner				
	Snacks				
TUESDAY	Breakfast				
	Lunch				
	Dinner				
	Snacks				
WEDNESDAY	Breakfast				
	Lunch				
	Dinner				
	Snacks				
THURSDAY	Breakfast				
	Lunch				
	Dinner				
	Snacks				
FRIDAY	Breakfast				
	Lunch				
	Dinner				
	Snacks				
SATURDAY	Breakfast				
	Lunch				
	Dinner				
	Snacks				
SUNDAY	Breakfast				
	Lunch				
	Dinner				
	Snacks				

\* The Dietary Guidelines for Americans recommend consuming less than 2,300 mg sodium per day, and only 1,500 mg if you're 51 or older, African-American or have hypertension, diabetes or chronic kidney disease.