



# WELLNESS ACTIVITY

## Show me the sodium!

You don't need to look far to find sources of sodium in the American diet. Potato chips, pretzels, and crackers are obvious sources. But it's also in our bread, soup, and pizza, as well as mayo, ketchup, sandwich meat, and poultry.

Until you start adding things up, you may not realize how much sodium you consume in a day. This month, use the Sodium Tracker to discover just how much sodium is in your daily diet.

For two weeks, write down the amount of sodium in the foods you eat. Most of the sodium in our diet comes from packaged foods and restaurant meals. To find the sodium content of packaged foods, look at the Nutrition Facts label. If you're eating out, ask about nutrition information or look for it on the restaurant website.

Common sources include:

- Bread and rolls
- Pizza
- Sandwiches
- Cured meats
- Soups
- Burritos and tacos
- Chips, popcorn, pretzels, snack mixes, and crackers
- Chicken
- Cheese
- Eggs and omelets

Source: Centers for Disease Control and Prevention

### Sodium Tracker

Each day, list the foods you eat and their sodium content. At the end of the day, add the numbers to get your daily sodium total. Aim for 2,300 mg of sodium per day or less. ♦

Nutrition Facts	
Serving Size 1 cup (110g)	
Servings Per Container About 6	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 3g	<b>16%</b>
Trans Fat 0g	
<b>Cholesterol</b> 4mg	<b>2%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Dietary Fiber 3g	<b>14%</b>
Sugars 2g	
Protein 5g	
Vitamin A	7%
Vitamin C	15%
Calcium	20%
Iron	32%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 55g 75g
Saturated Fat	Less than 10g 12g
Cholesterol	Less than 1,500mg 1,700mg
Total Carbohydrate	250mg 300mg
Dietary Fiber	22mg 31mg

<b>Sunday</b> <hr/> <hr/> <hr/> <hr/> <hr/> <b>Total:</b> _____	<b>Monday</b> <hr/> <hr/> <hr/> <hr/> <hr/> <b>Total:</b> _____	<b>Tuesday</b> <hr/> <hr/> <hr/> <hr/> <hr/> <b>Total:</b> _____	<b>Wednesday</b> <hr/> <hr/> <hr/> <hr/> <hr/> <b>Total:</b> _____
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