

## Your Health: How to Use a Sodium Diary



Food labels list the amount of sodium for each serving. For foods that don't have labels, like fresh fruits and vegetables, you can go to [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/) to find out how much sodium they have in each serving.

Use this form to record the sodium in all the foods you eat or drink each day. This record will help you make sure you are not getting too much sodium each day in your diet.

Take this record with you when you visit your doctor.

### Sodium diary

My doctor recommends that I have no more than \_\_\_\_\_ milligrams (or \_\_\_\_\_ grams) of sodium in my diet each day.

Meal	Foods and beverages	Total milligrams (or grams) of sodium in each meal
Breakfast		
Snack		
Lunch		
Snack		
Dinner		

