

Weekly Sodium Tracker

Hepatitis SA | 1800 437 222

How to use this tracker

This tracker is intended to help you develop a way of eating that is both satisfying for you and meets your goal of staying within 2,300mg per day of sodium.

Record the foods that you eat, the serving size and the amount of sodium.

Some places you can find sodium information are:

- The nutrition panel on packaged foods.
- CalorieKing.com.au has an excellent database of Australian foods as well as a free app. You do not need an account to look up foods on the database.
- Food manufacturer's websites.

Use the notes section to reflect on the day - were you successful in staying within the sodium allowance? What challenges or successes did you have and what changes could you make next time?

Tips

- Until you become familiar with tracking you might find it helpful to plan your day in advance so you can spot any foods which need to be reduced or replaced.
- Transfer your favourite foods to the accompanying *Favourite Foods Sodium Values* booklet so that they're more convenient to look up next time.
- Save some of your favourite days to repeat in the future. This will allow you to spend days without the need to track.

To print more tracking pages without the cover and this information page choose pages 3-9 instead of all pages.

We have a series of blog posts about managing your sodium on our HepSAy blog at www.hepatitissa.asn.au/blog/

Good luck! For more information or support call the Hepatitis SA Helpline on 1800 437 222.

Sodium Tracker

Monday

Meal	Food	Serve	Sodium
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			
DAILY SODIUM TOTAL			
Keep today's meal plan for a future repeat?			Y/N

Notes:

Sodium Tracker

Tuesday

Meal	Food	Serve	Sodium
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			
DAILY SODIUM TOTAL			
Keep today's meal plan for a future repeat?			Y/N

Notes:

Sodium Tracker

Wednesday

Meal	Food	Serve	Sodium
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			
DAILY SODIUM TOTAL			
Keep today's meal plan for a future repeat?			Y/N

Notes:

Sodium Tracker

Thursday

Meal	Food	Serve	Sodium
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			
DAILY SODIUM TOTAL			
Keep today's meal plan for a future repeat?			Y/N

Notes:

Sodium Tracker

Friday

Meal	Food	Serve	Sodium
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			
DAILY SODIUM TOTAL			
Keep today's meal plan for a future repeat?			Y/N

Notes:

Sodium Tracker

Saturday

Meal	Food	Serve	Sodium
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			
DAILY SODIUM TOTAL			
Keep today's meal plan for a future repeat?			Y/N

Notes:

Sodium Tracker

Sunday

Meal	Food	Serve	Sodium
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			
DAILY SODIUM TOTAL			
Keep today's meal plan for a future repeat?			Y/N

Notes: