

Sodium Intake Tracking Sheet

Advised Limits of Daily Salt Intake

Age	Recommended Daily Intake	Maximum
14-50	1500 mg	2300 mg
51-70	1300 mg	2300 mg
71+	1200 mg	2300 mg

MEAL	FOOD	SODIUM	NOTES
Breakfast			
TOTAL AMOUNT OF SODIU			
MEAL	FOOD	SODIUM	NOTES
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Breakfast	1002	SODIOIVI	NOTES
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