

Name: \_\_\_\_\_

## Graph Worksheet – Salt/Sodium \*

**Step 1** – Find the total milligrams of salt Paul ate each day.

On Monday Paul ate:

Breakfast	Instant maple and brown sugar oatmeal	261 mg
Lunch	Dominos cheese pizza	507 mg
Snack	Apple Peanut Butter	1 mg 125 mg
Dinner	Stouffers meat lasagna	1857 mg
	<b>Total mg</b>	

On Tuesday Paul ate:

Breakfast	Fried egg Whole wheat toast	94 mg 147 mg
Lunch	Whole wheat bread (2 slices) Turkey deli slices Lettuce	294 mg 270 mg 1 mg
Snack	One bag of Takis (2 servings)	360 mg
Dinner	Chunky chicken noodle soup (canned) Saltines	781 mg 780 mg
	<b>Total mg</b>	

On Wednesday Paul ate:

Breakfast	Honey nut cheerios Milk, 2% reduced fat	190 mg 100 mg
Lunch	Subway sandwich BLT	1900 mg
Snack	Grapes, green	3 mg
Dinner	Baked Chicken Mashed potatoes Green beans	28 mg 699 mg 1 mg
	<b>Total mg</b>	

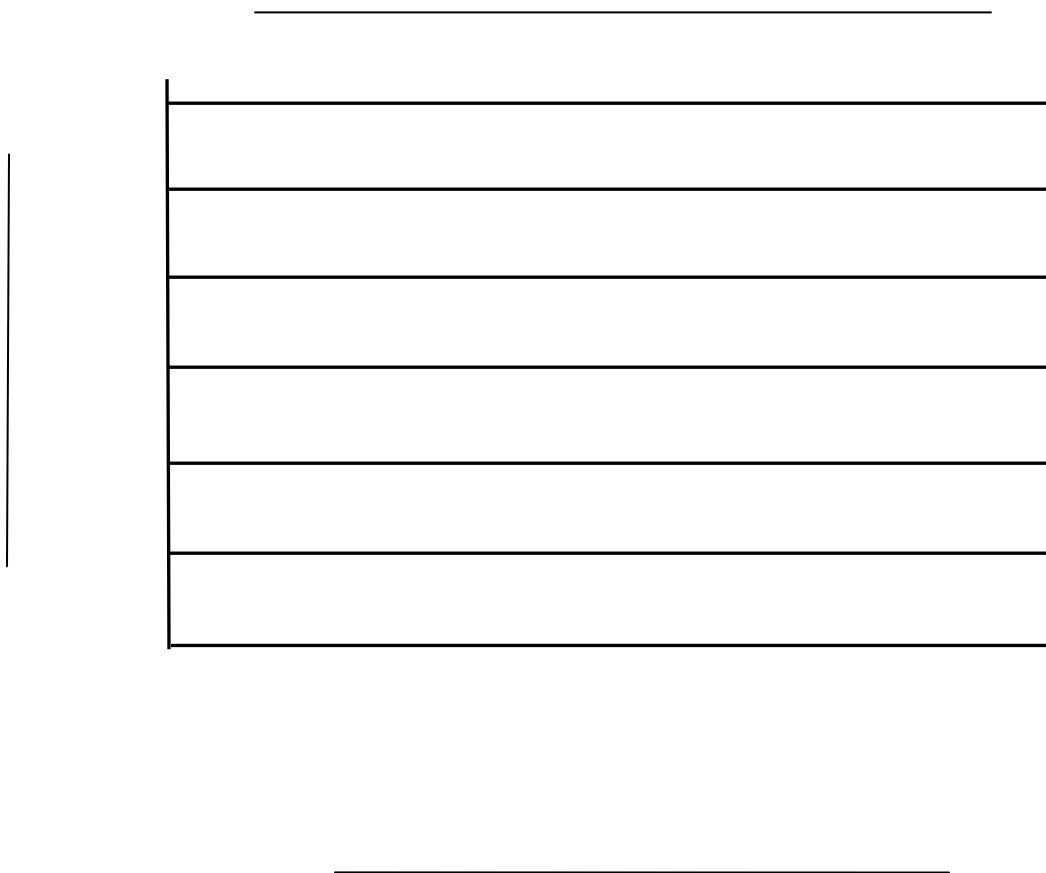
\*Sodium amounts are estimated on one serving size as listed on <http://nutritiondata.self.com/>

**Step 2** – Label the graph

- a. Title the graph
- b. The x-axis should show the days of the week: Monday, Tuesday and Wednesday
- c. The y-axis should show milligrams of sodium. Show increments of 500 mg.

**Step 3** – Plot each day of the week with the total amount of sodium consumed that day on the graph.

**Step 4** - It is recommended that sodium intake for one day does not exceed 2,300 mg. Draw a straight line across the graph showing 2,300 mg.



**Answer the following questions:**

Did Paul have more or less sodium than recommended each day?

Do you have any ideas of how he can eat less sodium each day? Give some examples of changes he can make to lower his sodium intake.

What foods were high in sodium that you didn't think would be so high?