

The acceptable range of carbohydrate

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In 2010 that recommendation was reduced to 1500 mg per day for adults > 51 years of age. Additionally, if you are African American, hypertensive, diabetic, or have chronic kidney disease, your sodium needs to be reduced to 1500 mg. On average, how many milligrams of sodium did you consume per day? ___1100___

17. How does your diet compare to the recommendation? If you exceeded the recommended limit identify 2 specific changes you could make in your two-day record to lower sodium intake? If you consumed less than the recommended amount of sodium, list 2 specific ways you intentionally keep sodium low.

18. Your printout lists your daily intake of vitamins. Choose 2 vitamins for which your intake was under the recommended amount. I would make the tracker more user friendly, that is all. The tool is already very effective and innovative, but it is not as interactive as it should be. Some features are confusing and this would discourage a lot of potential users. I would tweak it a little so that I can make it more user friendly.