**Title: Swap Out Some Sodium**

**Description: Find hidden sodium in your diet and do something about it!**

Today, no quiz. Instead, you are challenged to find some place in your normal diet that has hidden salt. Look at food labels and see how much sodium you’re getting (don’t forget to verify you’re eating just one serving, otherwise you’ll have to do a little adjustment to get the total sodium content of your snack). After you see how much sodium you typically get with a meal or snack, you may need to put it aside and grab something a little less sodium-laden instead. It’s just one day, but when you’re successful, consider spreading it out to two days. Or longer. See what you can do! Track everything you eat in Lume and see if you can get less sodium than you got yesterday!