**Electrolyte/Mineral Tracking Chart**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Mineral/**  **Electrolyte Name** | **Your Intake of the Mineral or Electrolyte (make sure to specify the unit - grams, milligrams, IU’s, etc)** | **MyPlate Recommended Intake (DRI) for the Specified Mineral or Electrolyte (in grams, milligrams, or other units)** | **Are You Over or Under Recommendation for the Specified Mineral or Electrolyte?** | **Examples of Food Items (You Consumed) Containing the Specified Mineral or Electrolyte** |
| Calcium |  |  |  |  |
| Chloride |  |  |  |  |
| Fluoride |  |  |  |  |
| Iodine |  |  |  |  |
| Iron |  |  |  |  |
| Magnesium |  |  |  |  |
| Phosphorous |  |  |  |  |
| Potassium |  |  |  |  |
| Sodium |  |  |  |  |
| Zinc |  |  |  |  |
| Fluid | What was your fluid intake (in milliliters or ounces)? | What is the recommended fluid intake for someone of your gender and size? (from DRI report) | Are you over or under the recommended intake? | What beverages did you consume over the course of the 2 days? |

Reflection Questions:

1. For which minerals/electrolytes did you meet or exceed the recommended daily intake level?
2. What enabled you to meet dietary recommendations for these minerals/electrolytes?
3. For which minerals/electrolytes were you below the recommended daily intake level, if any?
4. Why do you think you failed to meet RDI levels for these minerals/electrolytes?
5. What specific changes can you make to your diet to increase your intake for each of the minerals/electrolytes that you were deficient in? (Make sure that you address each mineral or electrolyte individually, rather than providing a generic response.)
6. How does your fluid intake compare to the recommended level for your gender and size?
7. What beverages do you typically consume on a daily basis?
8. What specific changes can you make to your beverage consumption patterns to improve your fluid balance and health?
9. What did you learn from completing this lab?