



American Heart Association.
Healthy for Good™

HOW **TOO MUCH** SODIUM

AFFECTS YOUR *Health*

9 out of **10** Americans
consume too much sodium.



WHERE DOES SODIUM COME FROM?



More than

70%

comes from processed
and restaurant foods



10%

added while
cooking or eating



15%

occurs
naturally

3,400 milligrams

amount of sodium an American
consumes on average in a day

1,500 milligrams
or less

recommended by the AHA
for ideal heart health

Shake **OUT** Salt

Keep your sodium intake in check as
part of an overall heart-healthy eating
pattern that emphasizes:

- Variety of fruits and vegetables
- Whole grains
- Low-fat dairy products
- Skinless poultry and fish
- Nuts and legumes
- Non-tropical vegetable oils
- Limiting saturated fat, trans fat,
sodium, red meat, sweets and
sugary drinks

Your **HEALTH**

Excess levels of sodium/salt
may put you at **RISK** for:

ENLARGED HEART MUSCLE	HEART FAILURE
HEADACHES	HIGH BLOOD PRESSURE
KIDNEY DISEASE	KIDNEY STONES
OSTEOPOROSIS	STOMACH CANCER
STROKE	

Excess levels of sodium/salt
may **CAUSE**:

INCREASED WATER RETENTION
THAT LEADS TO:

- Puffiness
- Bloating
- Weight gain

