

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

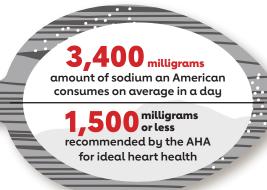
menu

10%

cooking or eating

15%

occurs naturally



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

STROKE

STOMACH CANCER

Excess levels of sodium/salt may CAUSE:

INCREASED WATER RETENTION THAT LEADS TO:

- Puffiness
- Bloating
- Weight gain

