HOW TOO MUCH SODIUM AFFECTS YOUR *Health*

American Heart Association

AMA AMERICAN MEDICAL ASSOCIATION

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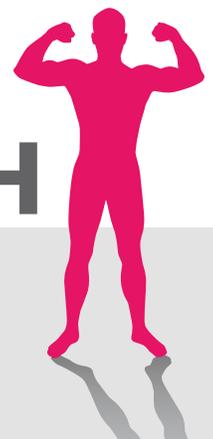
Excess levels of sodium/salt may put you at RISK for:

ENLARGED HEART MUSCLE

HEADACHES

KIDNEY DISEASE

OSTEOPOROSIS

STROKE

HEART FAILURE

HIGH BLOOD PRESSURE

KIDNEY STONES

STOMACH CANCER

Excess levels of sodium/salt may CAUSE:

INCREASED WATER RETENTION THAT LEADS TO:

- Puffiness
- Bloating
- Weight gain

heart.org/sodium

RELEASE THE PRESSURE