AMERICANS NINE out of 10 CONSUME TOO MUCH SODIUM

On average, American adults eat more than 3,400 milligrams of sodium daily – more than double the American Heart Association’s recommended limit of 1,500 milligrams.

WHERE does the sodium we eat come from?

- 3,400mg average sodium intake
- 1,500mg recommended sodium intake

- 25% comes from restaurants*
- 65% comes from food bought in retail stores*
- 10% comes from home cooking & at the table*

Excess sodium increases a person’s risk for HIGH BLOOD PRESSURE, which can lead to heart disease and stroke

Choose lower-sodium foods and cook at home more often.

Look for the Heart-Check mark when you shop to find products that meet the American Heart Association’s criteria for a heart-healthy food.

Check the Nutrition Facts label for the amount of sodium per serving AND the number of servings per container.

Read food labels. Assorted brands of the same food often have different sodium amounts.

*Source: Centers for Disease Control (CDC)