

# Excess levels of sodium: How too much sodium affects your health

9 out of 10 Americans consume too much sodium.

### Where does sodium come from? —





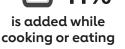
About



3,400 milligrams Amount of sodium an American consumes on average in a day

> 1,500 milligrams Recommended by the AHA for ideal heart health

comes from processed and restaurant foods



occurs naturallu

## 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-grain foods
- Fat-free or low-fat dairy products
- Skinless poultry and fish
- Nuts and legumes
- Non-tropical vegetable oils
- Limiting saturated fat, sodium, red and processed meats, sweets and sugary drinks
- Avoiding trans fat

#### - 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