



American Heart Association.  
Healthy for Good™

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# 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

