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

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

- Enlarged heart muscle
- Headaches
- Kidney disease
- Osteoporosis
- Stroke

Excess levels of sodium/salt may CAUSE:

- Increased water retention that leads to:
  - Puffiness
  - Bloating
  - Weight gain

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

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heart.org/sodium