

# THE EFFECTS OF EXCESSIVE SODIUM ON YOUR *Health & Appearance*

**9** out of **10** Americans consume too much sodium.



## WHERE DOES IT COME FROM?



**65%**

supermarkets, convenience stores



**25%**

restaurants



**10%**

other sources

**3,400** milligrams  
the amount of sodium the average American consumes in a day

**1,500** milligrams or less  
recommended daily allowance of sodium

## HIGH BLOOD PRESSURE



is a leading risk factor for death in **WOMEN** in the **United States**, contributing to nearly **200,000** female deaths each year.

*{ That's more than five times the 42,000 annual deaths from breast cancer. }*

**77.9** million American **ADULTS** have **high blood pressure**.

**KIDS** who have a high-sodium diet are **twice as likely to develop high blood pressure** as kids who have low-sodium diets

## Your HEALTH

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

STROKE

HEART FAILURE

OSTEOPOROSIS

STOMACH CANCER

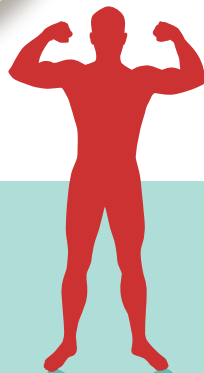
KIDNEY DISEASE

KIDNEY STONES

ENLARGED HEART

MUSCLE

HEADACHES



## Your APPEARANCE

Excess levels of sodium/salt may cause:

**INCREASED WATER RETENTION, LEADING TO:**

- Puffiness
- Bloating
- Weight gain

