



American Heart Association  
Healthy for Good™

# 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 | HEART FAILURE  |
| MUSCLE         | HIGH BLOOD     |
| HEADACHES      | 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

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