Excess levels of sodium/salt may cause:

**INCREASED WATER RETENTION, LEADING TO:**
- Puffiness
- Bloating
- Weight gain

WHERE DOES IT COME FROM?

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>65%</td>
<td>supermarkets, convenience stores</td>
</tr>
<tr>
<td>25%</td>
<td>restaurants</td>
</tr>
<tr>
<td>10%</td>
<td>other sources</td>
</tr>
</tbody>
</table>

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

1,500 milligrams or less
recommended by the AHA for ideal heart health

WHERE DOES IT COME FROM?

9 out of 10 Americans consume too much 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 nearly 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:

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heart.org/sodium