Excess levels of sodium/salt may cause:

**INCREASED WATER RETENTION,** leading to:

- Puffiness
- Bloating
- Weight gain

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
- High blood pressure

WHERE DOES IT COME FROM?

<table>
<thead>
<tr>
<th>Source</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supermarkets, convenience stores</td>
<td>65%</td>
</tr>
<tr>
<td>Restaurants</td>
<td>25%</td>
</tr>
<tr>
<td>Other sources</td>
<td>10%</td>
</tr>
</tbody>
</table>

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

1,500 milligrams or less
recommended daily allowance of sodium

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.

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.

9 out of 10 Americans consume too much sodium.

Your **HEALTH**

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

- Stroke
- Heart failure
- Osteoporosis
- Stomach cancer
- Kidney disease

Your **APPEARANCE**

Excess levels of sodium/salt may cause:

- Increased water retention, leading to:
  - Puffiness
  - Bloating
  - Weight gain

heart.org/sodium