



American Heart Association®

Healthy for Good™

Excess levels of sodium: 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



About
11%

is added while
cooking or eating



More than
14%

occurs naturally

3,400 milligrams
Amount of sodium an American
consumes on average in a day

1,500 milligrams
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-grain foods
- Fat-free or low-fat dairy products
- Skinless poultry and fish
- Nuts and legumes
- Non-tropical vegetable oils
- Limiting saturated fat, sodium, red and processed meats, sweets and sugary drinks
- Avoiding trans fat

Your Health

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

- Enlarged heart muscle
- Headaches
- Kidney disease
- Osteoporosis
- Stroke
- Heart failure
- High blood pressure
- Kidney stones
- Stomach cancer

Excess levels of sodium/salt
may cause increased water
retention that leads to:

- Puffiness
- Bloating
- Weight gain

heart.org/Sodium