



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
75%

comes from
processed and
restaurant foods



About
10–15%

is added while
cooking or eating



About
5–10%

occurs naturally

3,400 milligrams

Amount of sodium an American
consumes on average in a day

1,500 milligrams

Recommended by the American
Heart Association 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 vegetables and fruits
- 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, fatty meats, sweets and sugary drinks
- Avoid trans fat

Your Health

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

- Enlarged heart muscle
- Kidney disease
- Osteoporosis
- Stroke
- Heart failure
- High blood pressure
- Poor cardiovascular-kidney-metabolic health
- Kidney stones
- Stomach cancer

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

- Puffiness
- Bloating
- Weight gain

heart.org/Sodium