



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](https://heart.org/Sodium)