

# Excess levels of salt (sodium):

## How too much sodium affects your health



**9 out of 10** Americans eat too much **hidden sodium**.

### Where does sodium come from?



About **71%**

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



[TexasHealth.org/SodiumFacts](https://www.texashealth.org/sodiumfacts)

<sup>1</sup>"Sodium." Centers for Disease Control and Prevention, September 2021.

<sup>2</sup>"Sources of Sodium in US Adults From 3 Geographic Regions." *Circulation*. 2017; 135:1775–1783.

<sup>3</sup>"2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease." *Circulation*. 2019; 140:e596–e646.

<sup>4</sup>"Sodium, Blood Pressure, and Cardiovascular Disease." *Circulation*. 2012; 126:2880–2889.

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