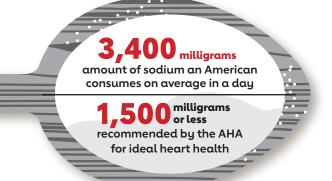


TOOMUCH SODUUM

9 out of 10 Americans consume too much sodium.



More than 70% comes from processed and restaurant foods Total Cooking or eating Cooking or eating



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 grains
- Low-fat dairy products
- Skinless poultry and fish
- Nuts and legumes
- Non-tropical vegetable oils
- Limiting saturated fat, trans fat, sodium, red meat, sweets and sugary drinks



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

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heart.org/sodium