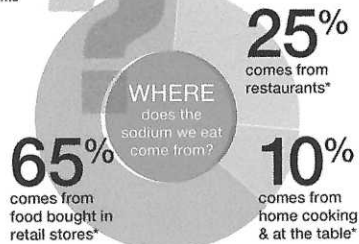# TOO MUCH SODIUM

On average, American adults eat more than 3,400 milligrams of sodium daily – more than double the American Heart Association's recommended limit of 1,500 milligrams.

3,400mg
average sodium intake

1,500mg
recommended sodium intake

WHERE does the sodium we eat come from?

25%
comes from restaurants*

65%
comes from food bought in retail stores*

10%
comes from home cooking & at the table*

*Source: Centers for Disease Control (CDC)

Choose lower-sodium foods and cook at home more often.

Look for the Heart-Check mark to find products that can help you make smarter choices about the foods you eat.

Check the Nutrition Facts label for the amount of sodium per serving AND the number of servings per container.

Read food labels. Assorted brands of the same food often have different sodium amounts.

HOW can I control how much sodium I eat?
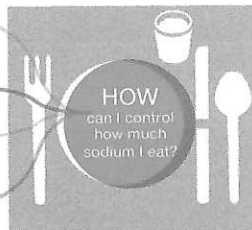
Excess sodium increases a person's risk for **HIGH BLOOD PRESSURE**, which can lead to heart disease and stroke

American **Heart** Association | American **Stroke** Association

life is why™