

THE EFFECTS OF EXCESSIVE SODIUM ON YOUR *Health & Appearance*

9 out of **10** Americans consume too much sodium.



WHERE DOES IT COME FROM?



65%

supermarkets, convenience stores



25%

restaurants



10%

other sources

3,400 milligrams
the amount of sodium the average American consumes in a day

1,500 milligrams or less
recommended by the AHA for ideal heart health

HIGH BLOOD PRESSURE



is a leading risk factor for death in **WOMEN** in the **United States**, contributing to nearly **200,000** female deaths each year.

{ That's nearly five times the 42,000 annual deaths from breast cancer. }

77.9 million American **ADULTS** have **high blood pressure**.

KIDS who have a high-sodium diet are **twice as likely to develop high blood pressure** as kids who have low-sodium diets

Your HEALTH

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

STROKE

HEART FAILURE

OSTEOPOROSIS

STOMACH CANCER

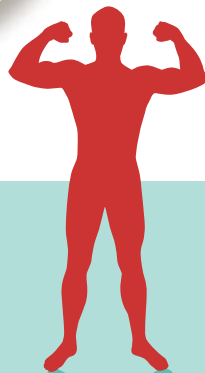
KIDNEY DISEASE

KIDNEY STONES

ENLARGED HEART

MUSCLE

HEADACHES



Your APPEARANCE

Excess levels of sodium/salt may cause:

INCREASED WATER RETENTION, LEADING TO:

- Puffiness
- Bloating
- Weight gain

