Excess levels of sodium/salt may cause:

**Health**
- **INCREASED WATER RETENTION,** leading to:
  - Puffiness
  - Bloating
  - Weight gain

**Appearance**

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.

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

**WHERE DOES IT COME FROM?**
- **65%** supermarkets, convenience stores
- **25%** restaurants
- **10%** other sources

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

1,500 milligrams or less is the **recommended daily allowance of sodium**.

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

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**

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**heart.org/sodium**