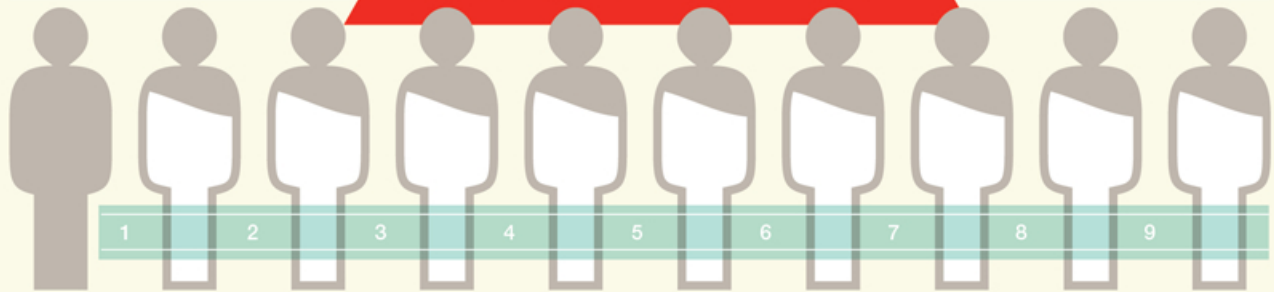


AMERICANS

NINE *out of* **10**

CONSUME



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.



Excess sodium increases a person’s risk for **HIGH BLOOD PRESSURE**, which can lead to heart disease and stroke

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.



*Source: Centers for Disease Control (CDC)