

QUICK FACTS ABOUT sodium

Everyone needs some sodium. It helps with the body's fluids, muscles and nerves. But most people eat too much. Here's why cutting back can do you some good:

Eating less sodium can lower the risk of a heart attack, heart failure, stroke and kidney disease.

If people lowered sodium intake to 1,500 mg per day, fewer people would die of heart disease. Up to 1.2 million people could be saved over the next 10 years.

About 70 percent of people's sodium comes from processed foods like chips, cookies and crackers, not the salt shaker!

Source: American Heart Association