

Too Much Salt Can Be Risky PSA (:30)

Too much salt can drive up blood pressure and increase risk for stroke and heart disease — two leading causes of death in the U.S. Most Americans eat more than double the amount of salt recommended by experts; it can come from places *other* than the salt shaker: in canned goods like soup, and packaged foods like frozen dinners. It's also hiding in breads and cereals. Read food labels, enjoy more fresh fruits and vegetables, and look for low-sodium alternatives. For more information, visit www.cdc.gov.

A message from CDC.