

# CDC Vital Signs Too Much Sodium

*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

Ninety percent of Americans age two and older eat too much sodium. Too much sodium can increase your risk for high blood pressure, which often leads to heart disease and stroke, two leading causes of death in the US.

Most of the sodium we consume does not come from the salt shaker, it comes from foods prepared in restaurants and processed foods. Since sodium is added when foods are processed, you can't remove it.

You can reduce the amount of sodium in your diet by taking several small steps.

- Prepare fresh foods at home as often as possible and limit processed foods.
- Eat more fresh or frozen fruits and vegetables which are naturally low in sodium.
- Read labels while shopping to find the lowest sodium options.
- When eating out, request that no salt be added to your foods during cooking.
- And work with your school or workplace to lower sodium in cafeteria foods.

Learn more at [www.cdc.gov/vitalsigns](http://www.cdc.gov/vitalsigns).

*[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*