

Why Should I Limit Sodium?

Your health care professional may have told you to reduce the sodium, or salt, in your diet. Most people eat too much sodium, often without knowing it.

Your body needs sodium to work properly. It's regulated in the body by your kidneys, and it helps control your body's fluid balance. It also plays a key role in nerve and muscle function.

But too much sodium in your system causes your body to retain (hold onto) water. This may cause puffiness, bloating and weight gain.



How does too much sodium affect my heart health?

How much sodium do I need?

What are sources of sodium?



American
Heart
Association.

HOW CAN I LEARN MORE?

Call 1-800-AHA-USA1 (1-800-242-8721) or visit [heart.org](https://www.heart.org) to learn more about heart disease and stroke.

Sign up for our monthly *Heart Insight* e-news for heart patients and their families at [HeartInsight.org](https://www.heartinsight.org).

Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at [heart.org/SupportNetwork](https://www.heart.org/SupportNetwork).

Take a few minutes to write down questions for the next time you see your health care professional.

For example:
