

Sodium in Milk

It's Natural!

Sodium (Na⁺) is a naturally occurring mineral in milk. To enhance chocolate flavor and promote creamy texture, it's added to chocolate milk.

Sodium averages in 1/2 pint of milk by type:

Fat free
strawberry

120 mg of sodium



Low fat white

125 mg of sodium



Fat free
chocolate

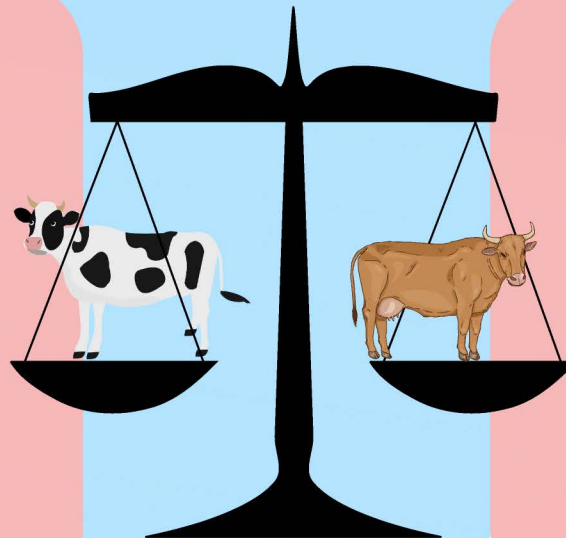
205 mg of sodium



Milk Math (Breakfast)

If **75%** of your students take **white** and **25%** take **chocolate**, the average is **145 mg** of sodium at Breakfast.

145 mg x 5 days = 725 mg (Just 25% of weekly recommended limits for Na⁺ at Breakfast)



* mg (milligrams)

Milk Math (Lunch)

If **75%** of your students take **chocolate** and **25%** take **white**, the average is **185 mg** of sodium at Lunch.

185 mg x 5 days = 925 mg (Just 15% of weekly recommended limits for Na⁺ at Lunch)

Recommended daily calcium intake for 5–19-year-olds is 1,000–1,300 mg.

Did you know? Drinking milk (any type) at breakfast and lunch provides about **50% of the daily calcium** needed for 5–19 year olds. Calcium grows strong bones, regulates nerve+muscle function, and helps keep blood healthy.

Beyond Bone Health

Calcium

Mighty Mineral

Calcium is vital for many body functions, supporting movement and strengthening bones and teeth. It aids in healing injuries and maintaining overall health. Getting enough calcium from your diet is crucial. Remember this for school meals and your own health—your bones, muscles, nerves, and blood will benefit.

What other roles does calcium have in our bodies?

Fast Facts

- School meals offer *half* of the RDAs for crucial nutrients like calcium.
- Calcium is found in dairy, veggies, legumes, and Florida orange juice.
- Dairy products contain key nutrients such as calcium, vitamin D and potassium
- A carton of milk at Breakfast and Lunch can provide half of students' daily requirements.
- A cup of milk contains about 300 milligrams, and daily needs range from 1,000 to 1,300 milligrams depending on age and gender.

Boosting Healthy Blood

Calcium activates platelets, helping to stop excessive bleeding and promote the healing process.

Necessary for Nerve Function

Muscle movements rely on nervous system signals. Calcium is essential for these signals . Without it, our nervous systems wouldn't be able to function normally.

Keeping Muscles Moving

The 600+ muscles in the human body help us do everything from laughing at a joke to digesting food. All muscles undergo a complex process to produce movement. Wondering what is needed for this process to occur? Look no further than calcium! Calcium helps our muscles contract and keep us moving every day.