

# Sodium: What You Need to Know

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## Sodium vs. Table Salt:

Table salt (sodium chloride, NaCl) is a crystalline compound found in nature, while sodium is a mineral and one of the chemical elements in salt (NaCl).



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## Current (2025) National School Lunch Program Sodium Limits:

Lunch sodium limits range based off grade from 1,110 mg - 1,280 mg or less  
Breakfast sodium limits range from 540 mg - 640 mg or less

**The FDA advises adults to limit their sodium intake to no more than 2,300 mg per day.**

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## The Impact of Excess Sodium on your Health:

Research shows that diets high in sodium increase the risk of high blood pressure, which is a leading cause of stroke and heart disease.



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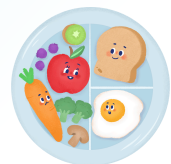
## Strategies for Reducing Sodium Intake

- Look at the nutrition label - compare different foods and choose the best option
- Prepare your own food - avoiding pre-packaged items high in sodium
- Rinse canned foods such as beans or vegetables - "sodium rinse"

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## How School Meals Make It Easy for You:

Did you know all our school meals follow USDA guidelines? Our breakfast and lunch options are within the approved sodium range, so you can trust us to provide nutrition meals for your children. We're here to make it easy for you to keep your child healthy!



QUESTIONS:  
Contact Lee County CNP  
334-705-4140

