

## SODIUM

(See also [Minerals](#))

Sodium is a mineral that plays an important role in the regulation of osmotic pressure of blood and liquid tissues as well as in proper muscular function. In general, it is associated with chlorine in the form of sodium chloride.

The need for sodium is largely met through food: the usual sodium chloride consumption by an adult is about 8 to 15 g per day (including 10 g in the form of cooking salt), whereas 3 to 5 g would be enough.

Milk contains about 50 mg sodium in 100 ml of milk, and, according to their type, 30 mg (in fresh cheeses) to more than 1500 mg (in 100 g of aged cheeses).