IT’S EASY TO GET CALCIUM WITH YOGURT, MILK AND CALCIUM-FORTIFIED SOYMILK.
Calcium helps build strong bones. Women and children both need to get enough calcium.

Calcium is very important for growing children. Up to 90% of bone mass development happens in childhood and teenage years. Calcium helps support this fast bone growth.

Calcium is important during pregnancy, particularly for women 18 years and younger. Bones are still developing at this age. Young women need calcium to support their own bone growth and their baby’s.

Many WIC* mothers and children do not meet recommended calcium levels.

The average WIC* female gets much less than the adequate amount of calcium. 40% of WIC* mothers (ages 18-34) do not meet their daily recommended calcium levels.

Studies show that preschool children begin to get much less calcium after age two. Nearly 1 in 3 WIC* children (ages 3-5) do not meet their daily recommended calcium levels.

Most women should have 3 servings of dairy per day to help get enough calcium. Children 4-5 years old should get 2-1/2 to 3 servings per day. Children 1-3 years old should have 2 to 2-1/2 servings of dairy per day. A serving of dairy is 1 cup of milk or 1 cup of yogurt.

1 cup of calcium-fortified soymilk is a good alternative to a serving of milk.
YOGURT, MILK, AND CALCIUM-FORTIFIED SOYMILK CAN HELP WIC* PARTICIPANTS MEET THEIR CALCIUM NEEDS.

**YOGURT**
- Yogurt is often a good or excellent source of calcium (per serving).
- Yogurt can be eaten on its own or as an ingredient in a dish.
- Yogurt can be eaten at home or on the go.
- The fermentation process helps make yogurt easier to digest than milk.
- Yogurt is creamy and delicious.

**MILK**
- Milk is an excellent source of calcium (per 1 cup serving).
- Milk can be enjoyed as a drink or used in cooking and baking.
- Milk can be mixed into oatmeal or cereal.
- Milk can be used to make creamy soups and smoothies.
- Milk is tasty and convenient.

**CALCIUM-FORTIFIED SOYMILK**
- Calcium-fortified soymilk is a good option for people who avoid dairy.
- Calcium-fortified soymilk is a good alternative to milk for lactose intolerant people.
- Calcium-fortified soymilk is naturally lactose-free.
- Calcium-fortified soymilk is low in saturated fat and has no cholesterol.
- 25 grams of soy protein per day may help reduce the risk of heart disease along with a diet that is low in saturated fat and cholesterol.

THERE ARE SPECIAL GUIDELINES FOR GIVING YOGURT, MILK, AND SOYMILK TO BABIES AND TODDLERS. PLEASE CHECK WITH YOUR HEALTH CARE PROVIDER BEFORE GIVING THESE FOODS TO YOUR CHILD.

**BABIES UNDER 1 YEAR**
- Do not offer cow’s milk or soymilk as a drink.
- Babies 6-12 months should only have cow’s milk or soymilk as an ingredient in food.

**BABIES BETWEEN 1-2 YEARS OLD**
- Offer whole milk or unsweetened full fat yogurt.
- Do not offer low fat or non fat dairy.
- Calcium-fortified unsweetened soymilk can be a good option for a child who must avoid dairy.

**BABIES 2-5 YEARS OLD**
- Less fat is needed now for growth and development.
- Begin to offer low fat and non fat dairy.
- Calcium-fortified unsweetened soymilk can be a good option for a child who must avoid dairy.

*WIC is a registered service mark of the U.S. Department of Agriculture for USDA’s Special Supplemental Nutrition Program for Women, Infants and Children.*
IT’S EASY TO GET CALCIUM WITH YOGURT, MILK, AND CALCIUM-FORTIFIED SOY MILK.
Suggestions to reach 3 servings per day.

- 2 cups yogurt + 1 cup milk
- 2 cups milk + 1 cup yogurt
- 2 cups yogurt + 1 cup calcium-fortified soymilk
- 2 cups milk + 1 cup calcium-fortified soymilk
- 1 cup milk + 1 cup yogurt + 1 cup calcium-fortified soymilk
Many lactose intolerant people can also get calcium from yogurt and calcium-fortified soymilk.

Calcium-fortified soymilk is a lactose-free source of calcium. It can be used in place of milk in cooking and baking. It can also be enjoyed as a creamy, lactose-free drink.

Yogurt often contains less lactose than milk.\textsuperscript{20} Greek yogurt contains less lactose than regular yogurt. The live cultures used to make yogurt may help with the digestion of lactose. Lactose intolerant people should look for yogurt with live and active cultures.

Lactose intolerant people may be able to lessen symptoms by eating dairy in small amounts throughout the day.\textsuperscript{20,21}

FORTIFIED YOGURT, MILK, AND SOYMILK CAN ALSO PROVIDE MUCH NEEDED VITAMIN D.

98\% of WIC\* women (18-34 years old) are not meeting vitamin D requirements.\textsuperscript{22} The same is true for 83\% of WIC\* children (3-5 years old).\textsuperscript{22} When fortified with vitamin D, yogurt, milk, and calcium-fortified soymilk are sources of both vitamin D and calcium. Vitamin D and calcium work together to help build and maintain strong bones.\textsuperscript{1}

YOGURT, MILK, AND CALCIUM-FORTIFIED SOYMILK ARE GOOD CHOICES FOR HIGH-QUALITY PROTEIN.

Yogurt, milk, and calcium-fortified soymilk provide high-quality protein. This protein is complete because it contains all 9 essential amino acids. The body needs these amino acids because it cannot make them on its own.

Protein is important for healthy muscles. It is needed for growth and development. It is important for both women and children.

Pregnant and lactating women need more protein and more calories.\textsuperscript{23,24} Yogurt, milk, and calcium-fortified soymilk are snack and drink options that provide high-quality protein.
DISCOVER OUR OFFER OF CALCIUM-RICH PRODUCTS APPROPRIATE FOR WIC* PARTICIPANTS OF ALL AGES.

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To discover all our WIC* approved products** in your state check: www.DanoneWave.com/WIC

**These products meet the minimum Federal requirements for the Women, Infants and Children Supplemental Nutrition Program (7 CFR section 246.10). Please check for eligibility of these products with your state/agency WIC program.
TRY THESE RECIPES FOR COOKING WITH OUR YOGURT, MILK AND CALCIUM-FORTIFIED SOYMILK.

Yogurt, milk and soymilk do not only contain many nutrients but can also be used many ways. Enjoy yogurt, milk and soymilk on their own, alongside other food, or cooked into a dish.

**MIX IT UP WITH OUR PRODUCTS!**

Or any of our WIC® approved products **

- **Fruit**
- **Cereals**
- **Fruits**
- **Mix Bowl**
- **Fruit**
- **Blender**
- **Mix Drink**
- **Oatmeal**
- **Peanut Butter**
- **Mix Peanut Butter Oatmeal**
- **Fruit**
- **Paper Cups, Sticks & Blender**
- **Mix Pops**
REFERENCES


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