

WIC* Counselors Mothers

Yogurt, milk, and calcium-fortified soymilk contain
calcium that mothers need!

MOMS NEEDS CALCIUM

- Calcium helps build bones and keep them strong.¹
- 40% of WIC moms (18-34) don't get enough calcium.²

Calcium is important for all moms.

- o Especially for women 18 or younger.³⁻⁵
(Their bones are still forming.)⁴⁻⁶

YOGURT, MILK, AND CALCIUM-FORTIFIED SOYMILK PROVIDE CALCIUM AND MORE

- A 1-cup serving of yogurt or milk is usually a good source of calcium.
- A 1-cup serving of calcium-fortified soymilk is a good non-dairy option.
- These foods often have vitamin D added.
 - o 98% of WIC moms (18-34) don't get enough vitamin D.⁷
 - o Vitamin D and calcium work together in bone.¹

HELPFUL HINTS

- Women need 3 servings of dairy per day.¹²
- Use milk or calcium-fortified soymilk in cereal or a smoothie.
- Cook with yogurt. Get recipes at: danonewave.com/WIC

OTHER BENEFITS

- Pregnant and breastfeeding women need more protein and calories.^{8,9}
 - o Yogurt, milk, and calcium-fortified soymilk have high-quality protein.
- Yogurt, milk, and calcium-fortified soymilk may be good options for the lactose intolerant.
 - o Calcium-fortified soymilk is naturally lactose free.
 - o Yogurt often has less lactose than milk.¹⁰
- Eating yogurt is associated with a more balanced diet.¹¹

References

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