



WIC* Counselors Children

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

CHILDREN NEED CALCIUM

- Most bone mass development happens in childhood.^{1,2}
- Calcium helps build strong bones.³
- Nearly 1/3 of WIC children (aged 3-5) don't get enough calcium.⁴
- Preschool children get much less calcium after age two.⁵

OTHER BENEFITS

- Yogurt, milk, and calcium-fortified soymilk have high-quality protein kids need for muscles and growth.
- Calcium-fortified soymilk is naturally lactose free.
- Yogurt may be a good option for a lactose intolerant child.
 - o Yogurt often has less lactose than milk.⁷ (Greek yogurt has even less.)
- Full fat yogurt, and whole milk, have fat children 1-2 need for growth and development.⁸⁻¹⁰

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 unsweetened soymilk is a good non-dairy option.
- Yogurt, milk, and calcium-fortified soymilk often have vitamin D added.
- 83% of WIC children (3-5) don't get enough vitamin D.⁶
Vitamin D and calcium work together to help build strong bones.³

HELPFUL HINTS

- Babies under 1 shouldn't drink milk or soymilk.
- Kids 1-3 need 2 to 2-1/2 servings of dairy per day.¹¹
- Kids 4-5 need 2-1/2 to 3 servings of dairy per day.¹¹
- Kids under 2 need full fat dairy. After 2, give low fat or non fat dairy.
- Use milk or calcium-fortified unsweetened soymilk in cereal or oatmeal.
Cook with yogurt. Get recipes at: <http://www.danonenorthamerica.com/wic/>

References

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