

# 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.<sup>1</sup>
  - 40% of WIC moms (18-34) don't get enough calcium.<sup>2</sup>
- Calcium is important for all moms.
- Especially for women 18 or younger.<sup>3-5</sup>  
(Their bones are still forming.)<sup>4-6</sup>

## 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.
  - 98% of WIC moms (18-34) don't get enough vitamin D.<sup>7</sup>
  - Vitamin D and calcium work together in bone.<sup>1</sup>

## HELPFUL HINTS

- Women need 3 servings of dairy per day.<sup>12</sup>
- Use milk or calcium-fortified soymilk in cereal or a smoothie.
- Cook with yogurt. Get recipes at: <http://www.danonenorthamerica.com/wic/>

## OTHER BENEFITS

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

### References

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