

WIC* Participants

Children 1-2

Yogurt, milk, and calcium-fortified soymilk contain calcium that children 1-2 need!

CHILDREN 1-2 YEARS OLD NEED CALCIUM

- Most bone mass development happens in childhood.^{1,2}
- Calcium helps build strong bones.³

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.
- Yogurt, milk, and calcium-fortified soymilk often have vitamin D added.
 - Vitamin D and calcium work together to help build strong bones.³

OTHER BENEFITS

- Full fat yogurt and whole milk have fat children 1-2 need for growth and development.⁴⁻⁶
- 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.
 - Yogurt often has less lactose than milk.⁷

HELPFUL HINTS

- Children 1-2 need 2 servings of dairy per day.⁸
 - Do not give low fat or non fat dairy until age 2.
 - Use milk or calcium-fortified soymilk in cereal or oatmeal.
- Cook with yogurt. Get recipes at:
<http://www.danonenorthamerica.com/wic/>

References

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