

WIC* Participants Children 2-5

Yogurt, milk, and calcium-fortified soymilk contain calcium that children 2-5 need!

CHILDREN 2-5 YEARS OLD NEED CALCIUM

- Most bone mass development happens in childhood.¹²
- Calcium helps build strong bones.³ Nearly 1/3 of WIC children (aged 3-5) don't get enough calcium.⁴

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.
 - Vitamin D and calcium work together to help build strong bones.³

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.
 - Yogurt often has less lactose than milk.⁵

HELPFUL HINTS

- Children aged 2-3 need 2 to 2-1/2 servings of dairy per day.⁶
- Children aged 4-5 need 2-1/2 to 3 servings of dairy per day.⁶
- Offer low fat and non fat dairy.
- Use milk or calcium-fortified unsweetened soymilk in cereal or oatmeal.

References

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