

WIC* Participants Pregnant Women

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

PREGNANT WOMEN NEED CALCIUM

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

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.
 - Vitamin D and calcium work together in bone.¹

OTHER BENEFITS

- Pregnant women need more protein and calories.^{7,8}
 - Yogurt, milk, and calcium-fortified soymilk have high-quality protein.
- Yogurt, milk, and calcium-fortified soymilk may be a good option for the lactose intolerant.
 - Calcium-fortified soymilk is naturally lactose free.
 - Yogurt often has less lactose than milk.⁹

HELPFUL HINTS

- Women need 3 daily servings of dairy.¹⁰
- Use milk or calcium-fortified soymilk in cereal or a smoothie.
- Cook with yogurt. Get recipes at:
<http://www.danonenorthamerica.com/wic/>

References

1. National Institutes of Health. Office of Dietary Supplements. (2017). - Calcium. [online] Available at: <https://ods.od.nih.gov/factsheets/Calcium-HealthProfessional/> [Accessed 13 Dec. 2017].
2. Data analysis NHANES (National Health and Nutrition Examination Survey) 2009-2010.
3. NIH Osteoporosis and Related Bone Diseases National Resource Center. (2015). Pregnancy, Breastfeeding and Bone Health. [online] Available at: <https://www.bones.nih.gov/health-info/bone/bone-health/pregnancy> [Accessed 13 Dec. 2017].
4. Lanham New, S.A., Thompson, R.L., More, J., Brooke Wavell, K., Hunking, P., & Medici, E. (2007). Importance of vitamin D, calcium and exercise to bone health with specific reference to children and adolescents. Nutrition Bulletin, 32(4), 364-377.
5. NIH News in Health. (2010). Keeping Bones Strong and Healthy: Let's Talk About Osteoporosis. [online] Available at: <http://newsinhealth.nih.gov/2010/February/feature1.htm> [Accessed 13 Dec. 2017].
6. NIH Osteoporosis and Related Bone Diseases National Resource Center. (2015). Osteoporosis: Peak Bone Mass in Women. [online] Available at: https://www.bones.nih.gov/sites/bones/files/bone_mass.pdf [Accessed 13 Dec. 2017].
7. National Center for Biotechnology Information. National Library of Medicine. (2011). Dietary Reference Intakes (DRIs): Recommended Dietary Allowances and Adequate Intakes, Total Water and Macronutrients. [online] Available at: <https://www.ncbi.nlm.nih.gov/books/NBK56068/table/summarytables.t4/?report=objectonly> [Accessed 13 Dec. 2017].
8. The National Academies of Science Engineering Medicine. (2006). Dietary Reference Intakes: The Essential Guide to Nutrient Requirements. [online] Available at: <https://www.nap.edu/read/11537/chapter/8> [Accessed 13 Dec. 2017].
9. Lomer, et al. Aliment Pharmacol Ther. 2008;27(2):93-103.
10. 2015-2020 Dietary Guidelines. (2015). A Closer Look at Current Intakes and Recommended Shifts. [online] Available at: <https://health.gov/dietaryguidelines/2015/guidelines/chapter-2/a-closer-look-at-current-intakes-and-recommended-shifts/> [Accessed 13 Dec. 2017].