

WIC* Participants Postpartum

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

POSTPARTUM MOMS NEED CALCIUM

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

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

- Breastfeeding moms 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
- Eating yogurt is associated with a more balanced diet.¹⁰

HELPFUL HINTS

- Women need 3 daily servings of dairy.¹¹
 - Use milk or calcium-fortified soymilk in cereal or a smoothie.
 - Cook with yogurt.
- Get recipes at:
<http://www.danonenorthamerica.com/wic/>

References

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