



WIC* Participants Breastfeeding

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

BREASTFEEDING MOMS NEED CALCIUM

- Calcium helps build and maintain strong bones.¹
- 40% of WIC moms (aged 18-34) don't get enough.²

Calcium is important while breastfeeding.

- Especially for moms 18 or younger.³⁻⁵
(Their bones are still forming.)⁴⁻⁶

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 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 good options for the lactose intolerant.
 - Calcium-fortified soymilk is naturally lactose-free.
 - Yogurt often has less lactose than milk.⁹

HELPFUL HINTS

- Women need 3 servings of dairy per day.¹⁰
- Use milk or calcium-fortified soymilk in cereals or smoothies.
- Cook with yogurt. Get recipes at: <http://www.danonenorthamerica.com/wic/>

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