



Calcium Needs During Pregnancy



Why is Calcium Important During Pregnancy?

Calcium is very important to both mommy and baby during pregnancy and breastfeeding. Your baby needs calcium to build healthy teeth and bones.

If you don't get enough calcium in your diet during pregnancy, the calcium your baby needs will be taken from your bones.

Make sure you get enough calcium everyday before, during, and after pregnancy!

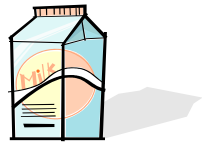
Tips to Get More Calcium in Your Diet

- Use low fat or fat free milk instead of water in hot cereals and when cooking.
- Have a fruit shake made with low fat or fat free yogurt or milk for a snack.
- Low fat cheese makes a good snack.
- Limit eating foods high in calcium that are also high in sugar or fat such as ice cream, whole milk, and full fat cheese.
- Calcium pills (calcium supplements) can help you get the recommended daily amount of calcium if you don't get enough in your diet. Ask your doctor about taking supplements.



Where You Can Find Calcium

Dairy products are the best food sources for calcium



Milk



Yogurt



Ice cream



Cheese

Dark green leafy vegetables and tofu with calcium are also good sources



Bok Choy



Spinach



Broccoli



Kale



Tofu

Some foods now have calcium added



Soymilk



Cereal

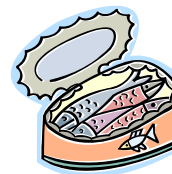


Fruit Juice



Bread

Other good sources of calcium



Sardines with bones



Pudding made with milk



Green Soy Bean

* Read the food label to check if calcium is added!