

DRINK ADEQUATE MILK DURING PREGNANCY!



Milk contains many nutrients, most importantly **protein** and **calcium**

Calcium is needed to build your baby's bones - if you don't have enough, the baby will take it from your bones to help build theirs



Protein helps with blood supply and building the baby's tissues during pregnancy

Milk is also a **good source** of vitamin D, phosphorus and potassium



Drink:
3 cups of milk daily during pregnancy

- Choose:**
- 1% milk
 - 1% Lactaid
 - Soy milk

Avoid:
Whole milk- it is high in saturated fat

Overall:
Drinking milk during pregnancy is important for you and your baby

What if you don't like drinking milk by itself?

Here are some ideas of what you can have instead:

- Low-fat/reduced fat cheese
- Low-fat yogurt or yogurt drink
- Smoothies prepared with milk, Lactaid or soy milk
- Cereal/oatmeal prepared with milk
- Milk with a small amount of chocolate syrup or flavored powder
- Soy milk
- Lactaid milk if you have lactose intolerance

Pregnancy Smoothie

Ingredients

- 1 banana
- 2 tbsp peanut butter
- 1 tsp honey
- 1 cup blueberries (frozen or fresh)
- 2 handfuls of spinach (fresh, washed well)
- 4-5 ice cubes
- 1 cup of 1% milk, 1% Lactaid or soy milk



Instructions

Blend together and enjoy!

Recipe adapted from the American Pregnancy Association

Prenatal Strawberry Banana Smoothie

Ingredients

- 1 cup non-fat vanilla yogurt
- 1/2 cup frozen strawberries
- 1/2 cup 1% milk
- 1 banana
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Instructions

Place all ingredients in a blender and blend until smooth.

Recipe from food.com



Sources

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