

Calcium & Healthy Babies Go Together

Attend a

Healthy Baby Program

AND RECEIVE COUPONS FOR FREE MILK

Calcium is one of the most important minerals you need during pregnancy

Calcium keeps bones strong and hard and prevents bone disease

For a sweet treat, add a spoonful of chocolate syrup to an ice cold glass of skim milk

No matter what type of milk you prefer (Skim, 1%, 2% or homogenized), they all have the same amount of calcium



You should have 3-4 servings of milk and milk products a day (cheese, yogurt, ice cream) if you are 14-18 years old or 2 servings if you are 19 years and older.

Calcium is important for the development of your baby's bones, teeth, muscles, heart and nerves

Use milk to cook with: add to soups, casseroles, meatloaf and mashed potatoes

Remember, you and your baby need extra calcium while you are pregnant

Want to learn more about nutrition, health and your developing baby?

Find out about a Healthy Baby program or Canada Prenatal Nutrition Program in your area. **Call 945-1301 or toll-free at 1-888-848-0140.**

If you live in a First Nation community, call 983-4199 and ask about federal programs.



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