



# Dairy and Women's Health

The calcium, vitamin D and other nutrients you need at every age

**Why is calcium so important for women's health?** Getting enough calcium—at least 1000 mg—is important at every age for:

- Bone health
- Mother and baby during pregnancy and breastfeeding
- Maintaining normal blood pressure
- Reducing the risk of kidney stones (when consumed within the recommended levels)
- Potentially reducing the risk of colon cancer
- Helping with weight control

**What are the best sources of calcium?** Milk and other dairy products are the most concentrated dietary sources. And, unlike calcium supplements, they provide a wide range of other important nutrients required for good health. Choose:

- Reduced fat milk such as Oakhurst 2%, 1 ½%, 1% and Skim
- Reduced fat yogurt
- Milk with added cultures such as Oakhurst Plus Nu-trish
- Lower fat cheeses
- Cottage cheese such as Oakhurst regular and lowfat cottage cheese
- Lactose-reduced or lactose-free milk, ice cream

**What if I am lactose sensitive?** There are a number of ways to get dietary calcium into your diet, even if you are lactose sensitive. Try:

- Milk with active cultures, or probiotics, like Oakhurst Plus Nu-trish
- Lactose-reduced milk
- Yogurt
- Aged cheeses

**What are the benefits of milk with probiotics?** The active cultures, or probiotics, added to Oakhurst Plus Nu-trish can::

- Boost the immune system
- Improve digestion
- Reduce the risk and symptoms of some food allergies
- Allow those with lactose sensitivity to better digest milk
- Reduce the risk of urinary and genital tract infections
- Improve intestinal function, especially after antibiotic use

**I know Vitamin D is important. Is dairy a good source?** Milk is fortified with Vitamin D and is one of the few dietary sources (8 oz. of milk contains 100 IU). The current government recommendation is about 400 IU per day (4 glasses of milk), but researchers are now recommending closer to 1000 IU a day. Milk is a great, convenient way to work toward this goal.

## Recommended Calcium Intake for Women

Adolescents (18 and under) .....	1200-1500 mg
Adult women until menopause .....	1000 mg
Pregnant .....	1000-1200 mg
Breast feeding .....	1300-1500 mg
Menopause until about 70 years of age .....	1200-1500 mg
After age 70 .....	1500 mg
Those who have osteoporosis or use certain medications (like prednisone) .....	1500 mg

**On food labels, what does “% Ca” mean?** Food labels assume you are an adult (after adolescence, not pregnant or breastfeeding, and before menopause); therefore, your recommended DV of calcium is 1000 mg. The % Ca refers to the serving size as noted on the label. For a serving size of 8 oz., the milk label will say 30% Ca, or 30% of your recommended 1000 mg. This means your 8-oz. serving contains 300 mg of calcium.



**How can I get 1000 mg of calcium a day from food?** You can always bolster your calcium intake by adding more dairy products to your diet throughout the day: milk with your cereal, yogurt in your fruit smoothie, cottage cheese on your salad. Here are three different ways you can be sure to get at least 1000 mg of calcium:

- Approximately three 8 oz. glasses of milk
- Two 8 oz. glasses of milk and an 8 oz. serving of yogurt
- 8 oz. of milk on your cereal, 1 cup cottage cheese for lunch, and 8 oz. of yogurt in a fruit smoothie for a snack

Any information provided is not intended to diagnose, treat, cure, or prevent any disease, or to give medical advice. Always consult your family health practitioner before altering your personal health regimen.

