

## Why Low-fat Dairy Consumption is Important

- Some clinical studies have examined the specific effects of milk in relation to pregnancy outcomes. The Canadian Medical Association Journal (CAMJ) found that women who drank one cup of milk or less each day gave birth to smaller babies than mothers who drank more milk, with each cup increase in daily milk consumption increasing birth weight by 41 g.
- Research presented at the American Academy of Neurology's Annual Meeting in April 2010, found that the risk of multiple sclerosis was lower in women born to mothers with high milk intake during pregnancy.

### Tips:

- Other low-fat and fat free dairy choices include; fat-free sour cream, fat-free half-n-half, and low-fat ice cream.
- Choosing foods from the milk group that are high in saturated fats and cholesterol can raise LDL ("bad") cholesterol levels in the blood and increase your risk for coronary heart disease.
- Eat a variety of other calcium-rich foods such as 2% cheese, dark leafy greens (such as kale and spinach), almonds, and calcium-fortified orange juice (1/2 sugar added 100% natural juice).
- Soy milk is a great low-fat alternative to cow's milk. Just be sure to choose brands that have added calcium.



## Resources:

Adapted from babycenter.com. Redfern, J., *Should I drink whole milk during pregnancy?* Retrieved on 12/19/12 from [http://www.babycenter.com/404\\_should-i-drink-whole-milk-during-pregnancy\\_2520.bc](http://www.babycenter.com/404_should-i-drink-whole-milk-during-pregnancy_2520.bc)

Adapted from dairyspot.com (2011). *Whether in a glass, bowl or plate – low-fat dairy makes mealtime complete.* Mid-Atlantic Dairy Association. Retrieved on 12/19/12 from [dairyspot.com/nutrition/health-wellness/dairy-myplate-something-to-feel-good-about](http://dairyspot.com/nutrition/health-wellness/dairy-myplate-something-to-feel-good-about).

Adapted from livestrong.com (2011). George, S., *The advantages of drinking milk during pregnancy.* Retrieved on 12/19/12 from <http://www.livestrong.com/article/528069-the-advantages-of-drinking-milk-during-pregnancy/>

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# The Importance of Low-fat Dairy Consumption During Pregnancy



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## Facts:

- Milk and other dairy products provide significant nutrients for pregnant women.
- Milk consumption in pregnancy has been associated with better pregnancy outcomes
- Milk is one of the few sources of vitamin D (essential during pregnancy for preventing neonatal rickets and low birth weight)
- Non-fat or low-fat milk are healthier choices for pregnant women than reduced fat or whole-milk, which contain high amounts of saturated fat.
- If you don't consume enough calcium-rich foods during pregnancy, you will lose calcium from your bones to meet your baby's needs for this mineral.
- Milk is also an excellent provider of protein (1 cup milk = 8.22g)
- Protein assists with the buildup of the uterus, blood supply, breasts and the baby's tissues during pregnancy.
- Three cups of low-fat milk each day will help you meet more than a third of your protein needs for pregnancy.

## Whether in a Glass, Bowl or Plate – Low-fat Dairy Makes Mealtime Complete.

### DID YOU KNOW?

- Flavored milk contains the same nine essential nutrients as white milk, including calcium, vitamin D and protein for strong bones
- Milk, cheese and yogurt supply 3 out of the 4 vitamins and minerals that children, teens and adults are most likely to miss out on—potassium, calcium and vitamin D
- Dairy foods are good for more than just strong bones. MyPlate recommends 3 servings\* of low-fat or fat-free dairy every day to help lower the risk of high blood pressure, heart disease and diabetes\*\*
- Low-fat and fat-free milk, cheese and yogurt are delicious and nutrient-rich, offering more nutrition in every bite

Does **YOUR** plate look like **MyPlate**? Try these healthy meal ideas that include dairy. No matter how you choose to include dairy foods in your meals, they provide the great taste you want with the good health you need. Enjoy 3 servings every day!



**The Basic Plate**  
baked fish or chicken  
green beans  
red potatoes  
whole grain roll  
fat-free milk



**The Vegetarian Plate**  
meatless chili with beans  
low-fat shredded cheese\*\*\*  
brown rice



**Breakfast Anytime**  
yogurt\*\*\*  
fruit  
low-fat granola  
orange juice



**One Dish Meal**  
whole grain pasta  
meat sauce and cheese  
salad  
low-fat milk



**Lunch to Go**  
whole grain tortilla wrap  
lean deli meat  
low-fat Swiss cheese\*\*\*  
lettuce, tomato  
fruit

\*Daily recommendations are: 3 cups per day for those 9 years and older, 2½ cups for children 4 to 8 years, and 2 cups for children ages 2 to 3.  
\*\*U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans*, 2010, 7th Edition, Washington, D.C.: U.S. Government Printing Office, January 2011.  
\*\*\*Even for those with lactose intolerance, aged cheeses and yogurt, as well as lactose-free milk, are great options to enjoy the taste and nutrition dairy offers.