

# Is your baby stealing your bone tissue?



Chances are that you are or will be among 90 percent of women who don't consume enough milk before or during pregnancy. Those that don't consume enough milk are at risk because the child's constant need to absorb calcium, for its own development, will cause it to steal from the mother.

Expectant mothers say they know the importance of drinking milk before, during and after pregnancy. And, when surveyed, 71 percent said that they know they do or will get enough milk for themselves and the baby. However, studies show that only 5 percent drink enough milk to sustain nutritional needs for two.

"It's scary that so many women aren't getting enough calcium in their diet because it's essential for strong bones, teeth and hair, as well as pumping blood to the heart and balancing the muscular, nervous, gastrointestinal and hormonal systems," Milk spokesperson Mary Anderson said. "Also, Major diseases can be prevented by merely consuming the recommended amount of calcium each day."

The USDA recommends that moms-to-be should drink 4 cups of fat-free or low-fat milk each day in order to meet the body's demand of calcium for two. When the fetus doesn't get enough calcium, it begins tapping into the mother's nutrients stored in her skeletal system, causing damage to her bone tissue.

Calcium depletion can cause major health problems, including osteoporosis, porous bones and tissue damage. The simple act of coughing or bending down can cause painful vertebral fractures that shorten height and lead to rounding of the spine into a hunchback position.

Women start to see signs of weakened bones after menopause and now it's becoming more and more common for men to suffer from osteoporosis. Visit [whymilk.com](http://whymilk.com) for more information, fun recipes and lifestyle tips for building strong families.

## What counts as one cup of milk?

One slice of hard cheese counts as 1/2 cup of milk;

One slice of processed cheese counts as 1/3 cup milk;

1/2 cup of cottage cheese counts as 1/4 cup milk;

One scoop of ice cream counts as 1/3 cup of milk;

8oz of yogurt counts as 1 cup of milk.



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