



Variety for Every Age & Stage

We believe in feeling good about the choices you make. Dannon® is a versatile yogurt made with quality ingredients for the whole family. Healthy eating habits include a variety of fruits, vegetables, whole grains, protein and dairy. However, roughly 90% of Americans do not meet the recommended 3 cups of dairy per day¹ and yogurt can help.

Dannon has offerings that include essential nutrients like protein, calcium and vitamin D. Potassium and fiber, as well as calcium and vitamin D, are underconsumed nutrients of public health concern for all Americans across the lifespan.¹ Pair yogurt with nutritious foods, such as fruits, vegetables and whole grains to help increase intake of underconsumed nutrients. Refer to the tips and recipes below for inspiration.

Delicious Yogurt Ideas for Your Whole Family

First Food



Plain yogurt is a good choice as a first food because of its smooth texture.

- Offer yogurt by itself
- Blend it with veggies
- If too tart, consider blending with fruit
- Mix it with top allergens (i.e., nut butters, eggs, fish)

Yogurt Bowl



Start with ½ cup yogurt and layer your favorite ingredients on top.

- Savory bowl ideas: vegetables, avocado, eggs, herbs, hot sauce
- Sweet bowl ideas: whole grain cereal, granola, fruit, chopped nuts, chia or ground flax seeds, wheat germ, cinnamon, honey

Marinade



Yogurt is a delicious way to flavor and tenderize your favorite lean meats and fish. Combine the following ingredients for a flavorful barbeque marinade:

- 1 lemon, juice and zest
- 1 orange, juice and zest
- 1 cup yogurt
- 3 tbsp olive oil
- ¼ cup parsley
- 2 tbsp paprika
- 1 tsp chopped garlic
- ½ tsp red pepper flakes

Dips & Sauces



Use yogurt as a creamy base for delicious dips and sauces. This Sriracha Lime Yogurt Sauce pairs well with grilled vegetables, shrimp or fish:

- 1 ½ cups yogurt
- 1 tbsp sriracha sauce
- 1 tbsp lime juice
- 1 tsp lime zest
- 2 tbsp chopped cilantro or parsley

Ingredient Swap in a Recipe



Yogurt works well as a substitute for toppings, such as baked potatoes or tacos, and as an ingredient in recipes. Use 1 cup yogurt in place of these staples:

- 1 cup sour cream
- 4 eggs
- 1 cup oil*
- 1 cup buttermilk*

*Mix with oil, milk or water to make the consistency you want. Start with a ¼ - ½ cup and add more as needed.

Dannon Yogurt Can Grow With Your Family



Babies and Young Children

With its smooth texture, plain, whole milk yogurt can be given to babies when they start eating solid foods around 6 months old. Full fat dairy is recommended until 2 years old because fat is important for growth and development.^{2,3}



Children and Young Adolescents

The majority of bone mass development occurs during childhood and adolescence.^{4,5} Calcium, protein, and vitamin D, are often found in yogurt, and can help contribute to the development of bone mass.⁶ Less fat is needed for development during this time. Dannon offers low fat and non fat options for when your child turns 2 years of age.^{3,7}



Older Adolescents Through Adulthood

Yogurt and Type 2 Diabetes: Eating yogurt regularly, at least 2 cups (3 servings) per week, may reduce the risk of type 2 diabetes according to limited scientific evidence.



References: 1. USDA's Dietary Guidelines for Americans, 2010. 2. Hardy SC, Kleinman RE. Fat and cholesterol in the diet of infants and young children: implications for growth, development, and long-term health. *J Pediatr*. Nov 1994;125(5 Pt 2):S69-77. 3. Kleinman R, ed. Pediatric Nutrition Handbook, 5th Ed. American Academy of Pediatrics, 2004, p. 126. 4. National Institutes of Health. (2010, February). Keeping bones strong and healthy: Let's talk about osteoporosis. *NIH News in Health*. Retrieved May 8, 2012, from <http://newsinhealth.nih.gov/2010/February/feature1.htm>. 5. NIH Osteoporosis and Related Bone Diseases. National Resource Center. Osteoporosis: Peak Bone Mass in Women, 2012. 6. Sahni S, et al. Milk and yogurt consumption are linked with higher bone mineral density but not with hip fracture: the Framingham Offspring Study. *Arch Osteoporos*. 2013;8:119. 7. Hardy and Kleinman. *J Pediatr*. 1994;125(5 Pt 2):S69-77.

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