

WHY DANIMALS?

DANIMALS SMOOTHIES & LOWFAT YOGURT POUCHES:

- ✓ Provide a good source of **calcium**, **vitamin D** and **dietary fiber**, nutrients most kids generally do not get enough of.
- ✓ Support **bone health** with **calcium** and **vitamin D**, while added **fiber**—something yogurt doesn't usually have—helps fill a common nutrient gap.
- ✓ Are **kid-friendly** dairy options that are convenient and perfect for on-the-go and lunchbox occasions. The pouches can be frozen to keep your child's lunchbox cool. They'll be thawed in time for lunch.
- ✓ Can be served alone as a dip, or with fruits and veggies to help include more nutrient-dense foods in your child's diet.



CREATE A BALANCED PLATE

Watching your children ask for the same one or two foods over and over again, especially foods you may not consider to be the most nutritious, can sometimes make us wonder "where did I go wrong?" Keep applauding yourself for honoring your children's preferences to help them stay nourished. By continuing to offer a variety of different food choices along with favorites, your children will learn how to balance out their meals. Here are some ways to do so:



- 1 Aim to make half the plate veggies.
- 2 Try the whole grain option.
- 3 Use lean protein options.
- 4 Pair with a serving of dairy and fruit.

WHICH PLATES ARE BALANCED?

PLATE A	PLATE B
PLATE C	PLATE D

*Try whole grain or mixing with half whole grain

Answer: All of them! You can still offer a balanced plate without feeling like you're making sacrifices.

LEARN HOW EASY IT IS

TO FOLLOW A HEALTHY LIFESTYLE FOR YOUR FAMILY, THE PLANET, AND YOUR WALLET



ENCOURAGE HEALTHY EATING EARLY
IN LIFE WITH A FEW SIMPLE IDEAS:



- 1 Find fun ways to include kids in the kitchen to help them become adventurous eaters. Even the littlest of your crew can help with simple tasks such as cleaning and sorting produce.
- 2 Make mealtime more enjoyable by eating as a family. Lead by example and turn off the tv to focus on being together during mealtime.
- 3 Respect your children's food preferences. Help them learn to honor their bodies by incorporating foods they love while finding ways to balance meals.

DIETARY
PATTERNS

ESTABLISHED IN CHILDHOOD
TEND TO CONTINUE INTO
ADULTHOOD.¹

INCLUDE YOUR CHILD IN THE KITCHEN
TO HELP THEM FEEL INDEPENDENT
& GAIN CONFIDENCE



EASY SNACK IDEAS...

YOGURT BARK

- Line a baking sheet with parchment paper. Spread Danimals yogurt evenly on the parchment paper.
- Top with sliced fruit and a teaspoon of sprinkles.
- Put baking sheet in freezer for at least an hour.
- Remove after an hour, break into pieces and enjoy!

AFTER SCHOOL SNACK

- Pair a Danimals smoothie or lowfat yogurt pouch with sliced veggies and whole grain crackers.

LAST CHANCE
SMOOTHIE

- Blend a Danimals smoothie or lowfat yogurt pouch with fruits & veggies you have at home before they go bad.
- Pour it into a cup with a lid and a straw for an easy, on-the-go snack!

YOGURT CUPS

- Whisk 1 Danimals lowfat yogurt pouch and 1/2 cup of milk.
- Add in small pieces of fruit.
- Pour 1/2" deep into silicone cupcake liners, garnish with a slice of fruit and freeze for at least 2 hours.

FROZEN FRUIT
"DOUGHNUT" RINGS

- Core an apple and slice into 1/4" rings. On a parchment paper lined baking sheet, freeze for roughly 20-30 minutes to help yogurt adhere.
- Remove and dip into favorite flavor Danimals yogurt and sprinkle with desired condiments. Put back in freezer for another hour.

AVOID FOOD WASTE TO HELP THE PLANET
(& YOUR WALLET).

Teach children to be friendly to the planet by including them in sustainable mealtime decisions.



REVAMP LEFTOVERS TO MAKE NEW MEALS

Chicken Salad

Reinvent last night's chicken by mixing it with chopped fruit or veggies and plain yogurt for a delicious chicken salad to spread on bread or to add to greens.

Pasta Bolognese

Make dinner a snap by mixing uneaten shredded or ground meat/poultry with tomato sauce and serve over your family's favorite pasta.

Egg Frittata

Mix beaten eggs with leftover veggies and cheese and bake until cooked through.



YOGURT TOAST

- Spread a Danimals lowfat yogurt pouch on a slice of multigrain toast and top with seeds and fruit.
- Pair with your child's favorite fruit or veggies.

NO-COOK BREAKFAST OATS

- Combine 1 Danimals smoothie with 1/2 cup old fashioned oats and refrigerate overnight.
- In the morning, serve with berries, along with nuts, seeds, or granola.

LUNCHBOX
HACK:

Add a frozen yogurt pouch to keep food cold! It will thaw and be ready to eat by lunchtime!

MOST US KIDS DON'T
GET ENOUGH CALCIUM
& DIETARY FIBER²⁻⁶

Calcium and vitamin D are important for bone health and dietary fiber is an important part of a healthy diet. However, many kids are not consuming enough of these key nutrients.

One serving of Danimals lowfat yogurt pouches and smoothies provide a good source of calcium, Vitamin D, and fiber to help your little one work towards getting their recommended daily nutrition.



References:
1. Movassagh et al. *Nutrients* 2017, 9(9):900. 2. What We Eat in America, NHANES August 2021–August 2023, individuals 2 years and over (excluding breast-fed children), day 1. Available at: <https://www.ars.usda.gov/nea/bhnrc/fsrg>. 3. Lasekan et al. *Children (Basel)*. 2025 Feb 17; 12(2):238. 4. U.S. Food and Drug Administration. (2025). *Key Nutrients and Your Family's Health (Nutrition Facts Label Continuing Medical Education Program for Pediatricians)*. <https://www.fda.gov/media/135619/download>. 5. Institute of Medicine. *Dietary Reference Intakes for Calcium and Vitamin D*. Washington, DC: The National Academies Press; 2011. <https://doi.org/10.17226/13050>. 6. Fibre intake for optimal health: How can healthcare professionals support people to reach dietary recommendations? *BMJ*. 378, e054370. <https://doi.org/10.1136/bmj-2020-054370>.