



TIPS TO HELP SELECTIVE EATERS GET NUTRIENTS THEY NEED

1 INVOLVE KIDS IN FAMILY MEAL PLANNING AND PREPARATION

- ✓ Selective eaters will be more likely to eat something when they were involved in choosing and preparing.⁶
- ✓ Depending on their age, kids can peel fruits and vegetables, assemble salads, measure ingredients, scoop, and slice. Be sure to use kid-safe utensils!



2 BE A POSITIVE ROLE MODEL

- ✓ Family meals are a great way to role model healthy eating and encourage adventurous eaters.
- ✓ When parents model healthy eating patterns, it increases the likelihood kids will eat the same foods.

3 BE PERSISTENT & PATIENT⁴

- ✓ Kids may need to try a food 10+ times before accepting it.⁷
- ✓ Prepare the same food in different ways. Repeat exposure can help train taste buds to like something.⁴

4 KEEP IT FUN

- ✓ Change things up. Use different shapes to transform veggies, fruits and sandwiches into handheld fun! Offer foods with exciting pairings like dips or hummus.
- ✓ Add some flavor! The addition of herbs, spices, and fats can enhance the flavor of foods children are reluctant to try.

5 CREATE A BALANCED PLATE

- ✓ Offer a variety of different food choices along with favorites to help take the pressure off tasting new or unfamiliar foods.
- ✓ Make sure there is at least one item on the plate you know your child will eat. Pair a favorite food with other nutrient-dense foods to encourage them to try new foods.

DANiMALS[®]

HELP SELECTIVE EATERS GET NUTRIENTS THEY NEED



MOST KIDS DON'T GET ENOUGH CALCIUM, VITAMIN D, DIETARY FIBER & POTASSIUM¹



VITAMIN D, CALCIUM AND FIBER ARE AMONG THE TOP NUTRIENTS PEDIATRICIANS PRIORITIZE IN DIETS OF GROWING CHILDREN.*

CALCIUM & VITAMIN D are important for bone health, especially during periods of rapid growth, such as childhood and adolescence. Nutrition in the early school-age years helps lay the foundation for bone growth in adolescence, making this an important time for getting enough calcium and Vitamin D.²

DIETARY FIBER & POTASSIUM

Dietary fiber is important for overall health, including heart and gut health.³ Good sources of fiber include whole grains, fruits, vegetables, beans, legumes, nuts and seeds.

Potassium is needed for regulating fluid balance, nerve function, muscle contraction, and heart function.⁴ Many fruits and vegetables are good sources of potassium.



PAIR NUTRIENT-DENSE FOODS to help selective eaters increase intake of these underconsumed nutrients. For example, fortified yogurt and dairy drinks can be easily paired with food like fruits, vegetables and whole grains to help children meet daily nutrient needs.

DANIMALS YOGURT POUCHES & SMOOTHIES:

- ✓ Provide a good source of calcium, vitamin D and dietary fiber, which are among the most underconsumed nutrients in the diets of US children,¹ in one convenient serving.
- ✓ Support bone health through calcium and vitamin D, while added dietary fiber, a nutrient not typically provided by yogurt, helps close this nutrient gap.
- ✓ Are a kid-friendly dairy option that fits real-world eating patterns, including on-the-go and lunchbox occasions.



*Based on a 2025 national survey of pediatricians.



SNACK IDEAS TO HELP SELECTIVE EATERS GET NUTRIENTS THEY NEED



Kids love snacks and choosing great options doesn't have to be difficult. Snack time can be a good way to help your kids get important nutrients they may not be getting enough of during the day.⁵

YOGURT DIP



Squeeze 1 Danimals yogurt pouch onto a dish



Sprinkle with Cinnamon



Sliced strawberries
Pear slices

SERVE WITH:



Banana



Apple slices

OVERNIGHT OATS



Pour 1 Danimals smoothie into an airtight container



Stir in 1/2 cup old-fashioned oats



Cover and store in fridge overnight



TOP WITH:
Peach slices



VEGGIES WITH HUMMUS + SMOOTHIE

2 Tablespoons of hummus



SERVE WITH:
Whole grain pretzels



SERVE WITH:
Melon slices



SIDE SERVING OF:



YOGURT MIX-IN BOWL



Squeeze 1 Danimals yogurt pouch into a bowl



Sprinkle with Chia Seeds



TOP WITH:
Whole grain cereal



TOP WITH:
Raisins



YOGURT TOAST



1 Slice of whole grain toast



Spread 1 Danimals yogurt pouch



TOP WITH:
Kiwi slices



TOP WITH:
Pumpkin seeds



References: 1. 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>. 2. Institute of Medicine. Dietary Reference Intakes for Calcium and Vitamin D. Washington, DC: The National Academies Press; 2011. 3. Fibre intake for optimal health: How can healthcare professionals support people to reach dietary recommendations? *BMJ*. 378: e054370. 4. National Academies of Sciences, Engineering, and Medicine. Dietary Reference Intakes for Sodium and Potassium. Washington, DC: The National Academies Press; 2019. 5. Hess J, Slavin J. Snacking for a cause: nutritional insufficiencies and excesses of U.S. children, a critical review of food consumption patterns and macronutrient and micronutrient intake of U.S. children. *Nutrients*. 2014;6(11):4750-4759. 6. Walton et al. *Int J Nutr Phys Act*. 2017 May 5;14(1):62-7. Fisher J, Lumeng J, Miller L, et al. Evidence-Based Recommendations and Best Practices for Promoting Healthy Eating Behaviors in Children 2 to 8 Years. Durham, NC: Healthy Eating Research; 2021. [online] Available at: <https://healthyeatingresearch.org> [Accessed November 4, 2021].