



## Reasons to Recommend Yogurt to Children

This page is intended to provide education on the overall yogurt category and does not pertain to smoothie and Danimals® products. The studies below did not include Danimals®.

### Including yogurt in a child's diet may help improve diet quality

- ✓ Including nutrient-dense yogurt in a child's diet may help improve diet quality and prevent excess weight gain. A recent analysis of national health and nutrition data found that introducing one 6-oz. serving of vitamin D-fortified yogurt each day to children's snack times would help children increase dietary intake of calcium and vitamin D without adding empty calories.<sup>1\*</sup>
- ✓ Combining yogurt with fruit or vegetables (e.g., as a dip or smoothie) can also increase consumption of other nutrient-dense foods and dietary fiber intake.<sup>2</sup>
- ✓ A study recently found that higher yogurt consumption was associated with lower measures of adiposity in U.S. children (ages 8–18), such as lower BMI-for-age, lower waist circumference, and smaller subscapular skinfold.<sup>3</sup>



\*Danimals® Yogurt Pouches are 3.5 oz and provide 140mg of calcium and 2.2mcg of vitamin D. Danimals® Smoothies are 3.1 fl oz and provide 130mg of calcium and 2mcg of vitamin D.

### Yogurt scores high as a nutrient-dense snack



- ✓ A recent study compared popular snack foods by their overall nutrient profiles. The study utilized a nutrient-density measurement tool known as the Nutrient Rich Foods (NRF) Index 10.3. Yogurt was found to have the highest nutrient-density score, but was the least consumed among the snack foods evaluated.<sup>4</sup>
- ✓ Lowfat and nonfat yogurts are good choices to help achieve daily nutrient requirements and can be an important source of high-quality protein and calcium as well as phosphorus, potassium, magnesium, iodine, zinc, and vitamins, such as vitamins A, D, B12, and riboflavin (B2).<sup>5</sup>

## Yogurt can be an excellent source of complete protein

- ✓ Dairy products, such as nonfat and lowfat yogurt, are well established as providing a source of complete protein.<sup>6</sup>
- ✓ The dairy protein found in yogurt is well-digested and absorbed, and its mix of amino acids, including all nine essential amino acids, supports efficient protein synthesis.<sup>7</sup>



## The nutrients in yogurt help support muscle and bone health<sup>8</sup>

- ✓ Calcium, vitamin D, and protein together help promote muscle and bone health.
- ✓ Calcium plays a major role in bone health and muscle contractility and vitamin D is required for calcium to be properly absorbed by the body.<sup>9,10</sup>



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## Yogurt may be an option for lactose intolerance

- ✓ Yogurt is, for many consumers, a more easily digestible alternative to milk because, on average, it contains less lactose than milk.<sup>11</sup>
- ✓ Also, yogurt's live and active cultures continue to have activity in the intestinal tract and may allow lactose intolerant individuals to enjoy the nutritional benefits of dairy products with fewer associated symptoms.<sup>12</sup>

### REFERENCES:

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