

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.^{1*}
- 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.²
- ✓ 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.³

*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



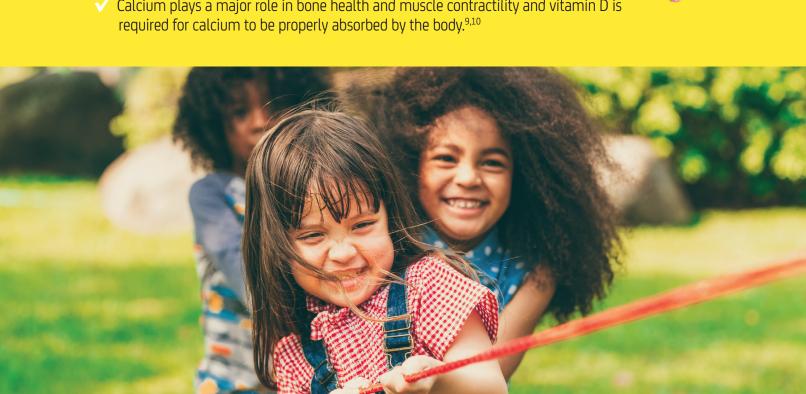
- ✓ A recent study compared popular snack foods by their overall nutrient profiles. The study utilized a nutrient-density measurement tool known as the Nutrient Rich Foods (NRF) Index 10.3. Yogurt was found to have the highest nutrient-density score, but was the least consumed among the snack foods evaluated.⁴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

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.6
- 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.⁷

The nutrients in yogurt help support muscle and bone health

- ✓ 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



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. 11

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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. 12