

TIPS TO HELP PICKY EATERS GET NUTRIENTS THEY NEED

1 Involve Kids in Family Meal Planning and Preparation

- ✓ Picky 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[®]

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

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.

Dietary Fiber & Potassium are not consumed at adequate levels by most children.² 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 picky eaters increase intake of these underconsumed nutrients. For example, all four nutrients of public health concern can be addressed in a snack by adding almonds and a banana to a Danimals lowfat yogurt pouch or smoothie.

Danimals Yogurt & Smoothies Are:

- ✓ A good source of calcium and vitamin D, two nutrients that are often underconsumed by children.
- ✓ Pre-portioned and easy to take on-the-go.
- ✓ A kid-favorite snack that is fun and great tasting with nutrients they need.



SNACK IDEAS TO HELP PICKY 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



Serve with:
Sliced strawberries
Pear slices



Banana



Apple slices

OVERNIGHT OATS



Pour 1 Danimals smoothie into an airtight container



Stir in ½ 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. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at DietaryGuidelines.gov. 2. WHEIA- What We Eat In America. U.S. Department of Agriculture, Agricultural Research Service. (2020). What We Eat In America, NHANES 2017-2020. Retrieved from <https://www.ars.usda.gov/northeast-area/beltsville-md-bhnrc/beltsville-human-nutrition-research-center/food-surveys-research-group/docs/wheia-documentation-and-data-sets>. 3. Hojsak et al. Arch Dis Child. 2022 Nov;107(11):973-979. 4. NIH Potassium Fact Sheet for Consumers. NIH Office of Dietary Supplements. March 2021. 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].