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 & Patient

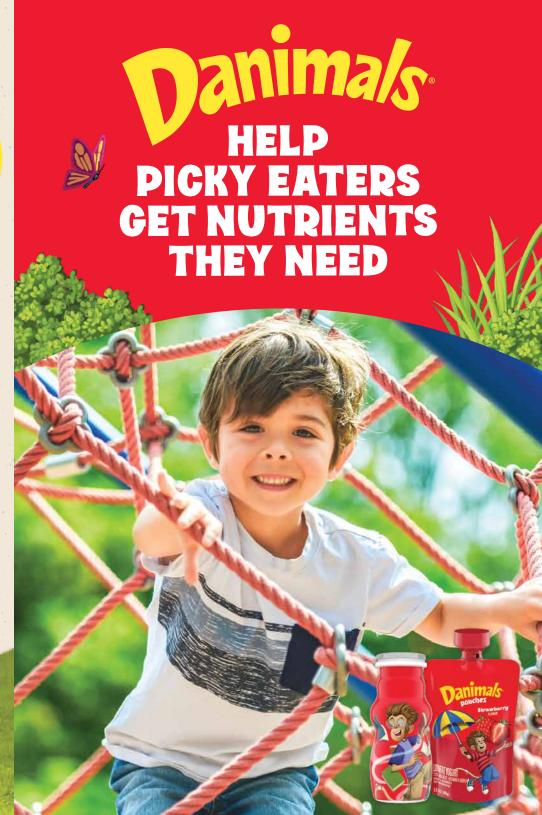
- ✓ Kids may need to try a food 10+ times before accepting it.⁷
- ✓ Prepare the same food in different ways. Repeat exposure can help train taste buds to like something.⁴

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.



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 yourt 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







Pour 1 Danimals smoothie into an airtight container



Stir in 1/2 CUD old-fashioned oats



Cover and store in fridge overnight



VEGGIES WITH HUMMUS + SMOOTHIE

2 Tablespoons



Serve with:









YOGURT MIX-IN BOWL



Squeeze 1 **Danimals** vogurt pouch into a bowl



Sprinkle with Chia Seeds 3



Top with:



YOGURT TOAST



1 Slice of whole grain toast



Spread 1 **Danimals** vogurt pouch

Top with:



insufficiencies and excesses of U.S. children, a critical review of food consumption patterns and macronutrient and micronutrient and micronutrient and micronutrient intake of U.S. children. Autrients. 2014;6(11):4750-4759. 6. Walton et al. Int. Junt Phys Act. 2017 May 5;14(1):62 7. Fisher J, Lumeng J, Millier L, et al. Evidence-Based Recommendations and Best Practices for Promoting Healthy Eating Behaviors in Children