

Make meals and snacks delicious and nutritious.

Danimals®

smoothies and lowfat yogurt pouches are a great addition to meal and snack time.

Did you know?

- 📁 Dairy is included in a healthy dietary pattern. According to the 2020-2025 Dietary Guidelines for Americans, dietary patterns established in childhood tend to continue into adulthood.¹
- 📁 Calcium and vitamin D help to support strong bones.^{2,3}

Snack ideas

Danimals® smoothies and lowfat yogurt pouches include a good source of calcium and vitamin D in each serving. These two nutrients, are underconsumed and considered nutrients of public health concern in the American diet, including during childhood.¹ Serving Danimals® at snack time can help increase dietary intake of these two nutrients of concern in children.¹



FROZEN YOGURT POPSICLE

- 📁 Make a delicious frozen yogurt pop by whisking together 1 Danimals® yogurt pouch* + ½ cup of milk.
- 📁 Feel free to add diced fruit to the mixture to add a little something extra.
- 📁 Pour the mixture evenly into popsicle molds and put in the freezer until frozen solid, at least 4 hours.

*Danimals® smoothies work well too! No additional milk needed, just pour directly into popsicle mold and freeze. This pop will be a little icier than the yogurt pops.

CHIA PUDDING

- 📁 Pour 1 Danimals® smoothie bottle into a cup and add 2-3 tsp of chia seeds.** Stir well until all the seeds are evenly mixed in. Cover and refrigerate for 15 minutes.
- 📁 After 15 minutes restir the mixture until all the seeds are evenly distributed again. Now refrigerate until chilled and set, at least 2 hours.
- 📁 Top with diced fruit, berries, nuts, or other topping-favorites and enjoy!

**Adjust based on personal preference for consistency and thickness.

YOGURT DIP

- 📁 Squeeze 1 Danimals® yogurt pouch into a dish, sprinkle with a little cinnamon or top with nut butters, granola, or other topping-favorites, and serve alongside a fruit skewer or sliced apples, peaches, or bananas for dipping.



Try serving Danimals® smoothies or lowfat yogurt pouches with kid-approved fruits and veggies at snack time!



OR



Carrot and cucumber sticks



Sliced bell pepper



Steamed or boiled snap peas



Steamed broccoli florets



Sliced strawberries



Blueberries or raspberries



Apple slices



Banana

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](https://www.dietaryguidelines.gov).
2. Gropper SAS, Smith JL. Advanced Nutrition and Human Metabolism. Belmont, CA: Wadsworth Cengage Learning, 2013.
3. Institute of Medicine. Dietary reference intakes for calcium and vitamin D. Washington DC: National Academies Press, 2011.

Lunchbox ideas

Make lunchtime fun! Include a Danimals® smoothie or lowfat yogurt pouch along with any of the following kid-friendly lunchbox ideas.



CINNAMON RAISIN COOKIE SANDWICH

- Spread cream cheese on two slices of whole grain sandwich bread and top with a sprinkling of raisins and cinnamon.
- Close sandwich. *Optional: use a large cookie cutter to press out a shape.*
- Serve with apple slices and steamed snap peas.

WRAP ATTACK

- Spread guacamole on a whole grain tortilla.
- Top with leftover chicken (shredded or sliced), shredded carrot, and salsa.
- Fold one side, tuck in ends, and continue rolling.
- Wrap in parchment (or waxed) paper and slice in half.
- Serve with raspberries.

POCKET SANDWICH

- Layer cut circles of turkey and cheese onto a whole wheat pita.
- Place cucumber slices on top. *Optional: use cookie cutters to form fun shapes.*
- Serve with sliced apples or blackberries.

Clever Lunchbox Tip

- Freeze Danimals® lowfat yogurt pouch overnight.
- Add to your lunchbox in the morning.
- It keeps items cool while it thaws in time for lunch.

SAY CHEESE (& CRACKERS)

- Start with whole grain crackers.
- Pair with cheese slices. *Optional: create fun shapes with small cookie cutters.*
- Serve with sliced bell pepper.
- Add a side of blueberries.

YUMMY HUMMUS DIP

- Serve hummus with veggies like, baby carrots and cooled, steamed broccoli florets, crackers, bread, pretzels for dipping.
- Optional: add some fun by cutting cucumber slices with cutters.*
- Include a side of strawberries.

Transform Lunches

Use different size and shape cookie cutters to transform veggies, fruits and sandwiches into fun handheld treats!



Look for more Lunch and Snack Ideas on Danimals.com!