How Yogurt Benefits Children between 1-2 years old

- You have the power to set the stage for your child’s food choices. By feeding your child nutritious foods like yogurt, you can help your child develop the taste for healthful diet choices for the future!
- Yogurt helps contribute to the development of your child’s bone mass because many contain calcium, protein, and vitamin D.¹
  - The majority of bone mass development happens during childhood.²³
- The fat in yogurt benefits your child’s growth and central nervous system development.⁴⁵

Benefits of Yogurt

- Most yogurts often provide calcium, potassium, and vitamin D, which are important nutrients in the growth and development of your child.¹
- Yogurt is a richer source of nutrients than most types of milk.⁶
- The protein found in yogurt is important for your child’s bone health.⁷
- Yogurt usually contains less lactose than milk as well as live cultures that help lactose digestion, so it can be a source of necessary nutrients for people who are lactose intolerant.⁸

Yogurt, Fat & Sugar

- Full fat yogurt is recommended for children ages 12-23 months due to its role in growth and nervous system development.⁶⁷¹
  - Fat is also needed in your child’s diet due to his or her high energy needs with the limited ability to eat large amounts of food.¹
- Plain yogurt contains more nutrients than flavored yogurt and should be favored, but if your child is not eating plain yogurt because of the tart taste, diced/pureed fruits can be added for flavor, or flavored options can be chosen.⁹

Questions & Answers

- How much dairy should my child consume each day? - Among 1-3 year-olds, 2 servings of dairy are recommended. A serving of dairy is: ¹ 1 cup of yogurt or milk, 1.5 ounces natural cheese, or 1 cup pudding or frozen yogurt.
- How long does yogurt last once opened, and why does liquid sometimes appear on top after it’s opened? - It is recommended that yogurt be used within seven days of opening it. If the whey separates from the rest of the yogurt, liquid may form on top of the yogurt. The liquid whey is safe to stir back into the yogurt to eat. Additionally, the fermentation process used to create yogurt extends its shelf life in comparison to milk, so yogurt will last longer than milk after it’s made."
- How can I make yogurt more fun for my child? - Yogurt can be served with some types of breakfast cereals, with fruit cut into small pieces, in smoothies, with oatmeal, in hummus, and in many more recipes. Visit http://www.dannon.com/category/recipes for more creative ideas!
- What is the difference between Greek yogurt and regular yogurt? - Making Greek yogurt uses more milk than regular yogurt because some of the whey (liquid) is removed to give it a thicker and creamier texture. On average, Greek yogurt has twice the amount of protein of regular yogurt and has less lactose, which can be helpful for people who are lactose intolerant.

Takeaway

Yogurt contains nutrients that are essential for the growth and development of your child between 1-2 years!