

# Growing Strong

Brought to you by



**Nutritious  
Meets  
Delicious**

**DAIRY  
101**

**PLUS  
Take-Home  
Nutrition  
Activities  
At Your  
Daycare Center**

**VALUABLE  
COUPON  
&  
RECIPE  
INSIDE**

[www.yoplaitkids.com](http://www.yoplaitkids.com)

# Nutritious Meets Delicious

Yoplait Kids knows that moms want nutritious snacks they can feel good about giving their toddler or preschooler. Yoplait Kids offers a variety of delicious flavors, all formulated with the creamy texture that kids love and packed with good nutrition in every serving. With so many benefits, there's a lot to love in every little cup and bottle of Yoplait Kids.



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## Mom's Snack Checklist

Here's why Yoplait Kids cups and bottles make great snacks for your child.

### What you want your toddler to have more of

- Yoplait Kids is an excellent source of calcium and a good source of vitamins A and D.
- It supplies DHA, a fatty acid that helps support brain growth and development.
- Its live and active yogurt cultures may support healthy digestion.

### What you want your toddler to have less of

- Yoplait Kids has 25% less sugar than the average leading kids' yogurts — and no artificial sweetener or flavors.

### Taste and texture appeal for your toddler

- Yoplait Kids has the creamy texture little ones love, plus our blended-smooth yogurt has no chunks, which means no choking hazards.

### Convenient, no-mess snack

- Yoplait Kids cups — designed for easy gripping by small hands — are just the right size for toddlers.

# Dairy 101

The best foods for building strong bones, teeth, and more



Even kids with lactose intolerance can enjoy yogurt.

Growing kids need a variety of different nutrients. You probably know that calcium is essential for healthy bones and more—and that we get most of our calcium from dairy products. But only about 52% of children ages 3 to 5 get enough of this important mineral, says the American Academy of Pediatrics. The good news is that it's easy to meet your child's calcium and other nutritional needs with dairy products—here's how:

✿ Toddlers ages 1 to 2 can benefit from dairy foods made from whole milk; the fat in these foods fuels brain and nervous system development.

✿ To absorb calcium, your child's body needs vitamin D, a nutrient that's made from sunlight and is also found in most dairy products, as well as in tuna, egg yolk, and some ready-to-eat breakfast cereals.

✿ Yogurt has live and active cultures that can help support healthy digestion. These cultures help break down the natural sugars found in dairy products (called lactose), so even children with lactose intolerance can enjoy yogurt and get the benefits of dairy.

# 2

The number of dairy servings 2- to 6-year-olds need daily.





## YOGURT 'N BERRY SMOOTHIES

1 cup frozen raspberries or strawberries  
1/2 cup orange juice or fat-free (skim) milk  
4 containers (3 oz each) Yoplait® Kids yogurt  
drink (any flavor)

1. In blender, place all ingredients. Cover; blend on high speed, about one minute or until smooth.
2. Pour into 4 glasses. Serve immediately.

PREP TIME: 10 MINUTES  
MAKES 4 SERVINGS

1 Serving: Calories 120 (Calories from Fat 20); Total Fat 2g (Saturated Fat 1g); Cholesterol 5mg; Sodium 40 mg; Potassium 150 mg; Total Carbohydrate 22g (Dietary Fiber 4g); Protein 3g. % Daily Value: Vitamin A 10%; Vitamin C 45%; Calcium 20%; Iron 4%; Vitamin D 10%; Folic Acid 4%

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MFR COUPON

EXPIRES 3/31/08

# SAVE 50¢

when you buy ONE any  
flavor Yoplait® Kids Cup  
Yogurt or Yogurt Drink



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