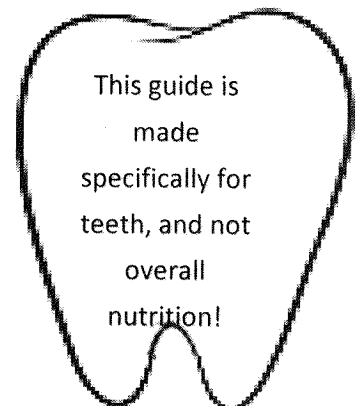


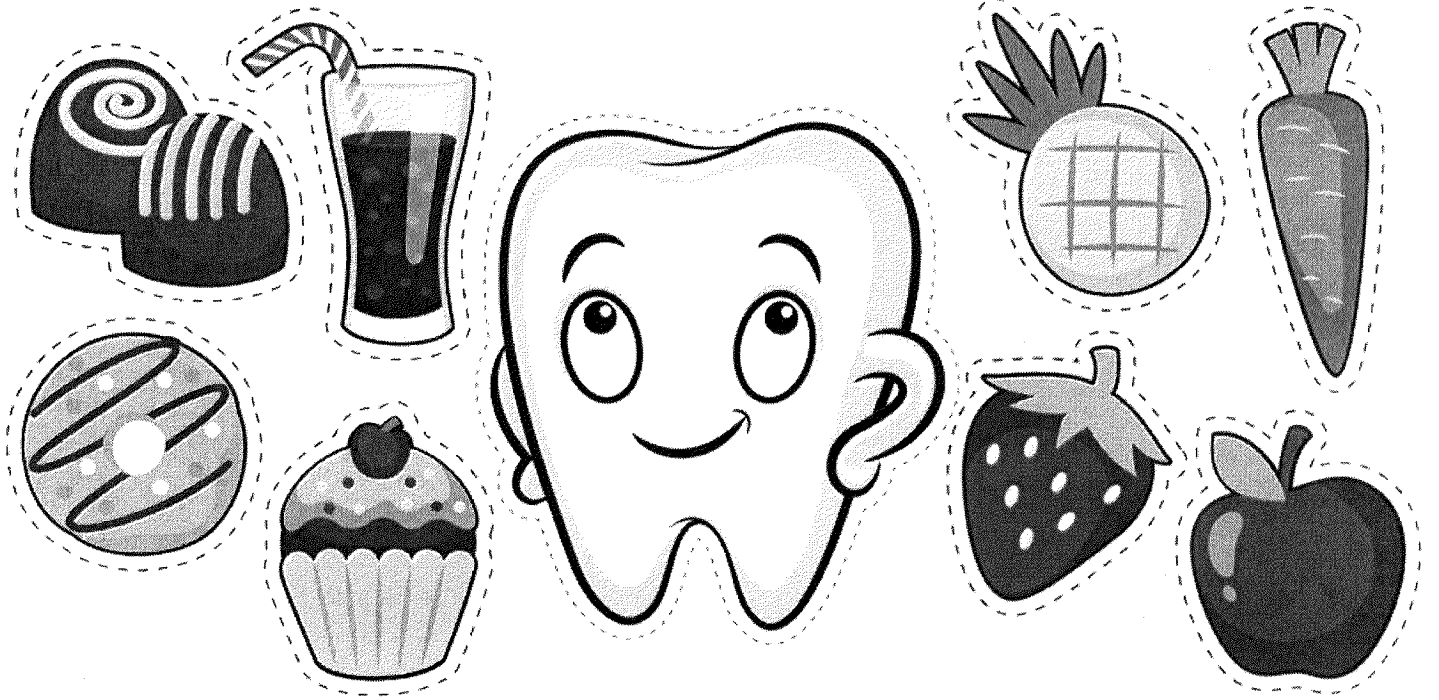


- ☺ Always try to have a sip of water after every meal!
- ☺ Give your child 4-6 organized “mini-meals” a day with only water in between.
- ☺ Disorganized eating or drinking will cause cavities even with healthy foods!
- ☺ Help your child brush their teeth daily until they are age 8-9 or until they can tie their own shoes!
- ☺ Only have water after night-time brushing.
- ☺ Floss teeth if they are touching for additional protection.
- ☺ Schedule an infant screening exam with your dentist at age one.
- ☺ Fluoride application at your dentist every 6 months can also help reduce cavities by 20 to 30%.
- ☺ Never leave a bottle or sippy cup with milk or juice in bed with a child!
- ☺ Get enough vitamin D!

*
Talk with your doctor or registered dietician before making any major dietary changes.



SNACK GUIDE



Causes Cavities Easily

Candies
 Soda/Juice
 Chocolate Milk
 Cookies
 Dried Fruit
 Fruit Snacks
 Dried Flour Cereals
 Crackers/Goldfish
 Sports Drinks
 Oranges & Bananas

Please still eat them,
just not all day!!

Remember to give your child age appropriate food. Nuts, hot dogs, grapes and sausages are common choking hazards, especially in children three years old and younger.

*There are always exceptions, especially dry mouth, acid reflux, genetic anomalies, hypoplasia, and unforeseen circumstances.

(Usually) Won't Cause Cavities

Whole Milk
 Fresh Fruit
 Whole grain bread
 Popcorn
 Smoothies
 Dark Chocolate
 Yogurt
 Dips & Sauces
 Oatmeal

This list, including milk and fruit, has the potential to cause cavities quickly if you don't organize meal and snack times. The sugars won't stay in contact with teeth for long with organized eating habits.

Won't Cause Cavities

(Low Carb Foods)
 Raw, Crunchy Vegetables
 Raw, Leafy Vegetables
 Cheese
 Nuts
 100% Nut Butters
 All Meats
 All Fats
 Sugar Free Jello
 Eggs

Even some healthy foods can cause cavities quickly. Being processed and/or dried is not good for teeth. Fresh bread is better than dried flour for teeth.