



Dentistry for Children

## HEALTHY TEETH Snack Guide

### WON'T CAUSE CAVITIES\*

Raw, Crunchy Vegetables, Raw, Leafy Vegetables, Cheese, Nuts, 100% Nut Butters, All Meats, All Fats, Water

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 under.

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

### (Usually) WON'T CAUSE CAVITIES

Whole Milk, Fresh Fruit, Whole Grain Bread, Popcorn, Smoothies, Dark Chocolate (>70% Cacao), Oatmeal, Yogurt, Ice Cream (*Don't get carried away!*), Dips & Sauces

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 tooth for long with organized eating habits.

### CAUSES CAVITIES EASILY

Candies, Soda, Juice, Chocolate Milk, Cookies, Dried Fruit, Fruit Snacks/Strips, Dried Flour Cereals, Pretzels, Crackers, Oranges & Bananas (*Please still eat them, just not all day long!*), Sports Drinks

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.

# HELPFUL TIPS

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Foods high in carbohydrates, sugars and starches greatly contribute to the production of plaque acids that attack the tooth enamel and can result in cavities.



Fruit snacks and dried fruit (like raisins) should be avoided. They are full of sugar and stick to teeth, easily causing cavities.



When choosing a snack, go for nutritious foods such as cheese, raw vegetables, plain yogurt or a piece of fruit.



Drink water in between meals whenever you are thirsty.



Sports drinks should be avoided, even if they are low in sugar. They still contain acid for flavoring which can damage teeth.



Milk and juice (no more than 4 oz per day) should be limited to meal or snack time and be consumed in one sitting with food. Never "sip" a sugary drink.



Avoid snacking and eating all day long. Give your child at least 4 organized "mini-meals" a day.



Brush for two minutes, twice a day with a toothpaste containing fluoride. Don't rinse with water after brushing, it washes all that great fluoride off your teeth. Supervise young children to ensure they brush thoroughly. And remember to floss!



In the evening, avoid eating or drinking anything except water after brushing or you will need to brush again.

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