

Snacking and Nutrition for Healthy Teeth

Sugary snacks can lead to cavities. Making good snacking choices helps prevent tooth decay. Eating healthy food is always a good choice for both oral health and general health.

- Choose nutritious, unsweetened snack foods.
- Read ingredient lists when choosing snacks. Molasses, honey, fructose, glucose and sucrose are all types of sugar.
- It is better to eat sweets at meal time and not as snacks. The increased saliva flow during a meal dilutes sugars and helps wash them away.
- Reduce the time that sweet food stays in contact with the teeth. Limit sugared drinks and sugary snacks throughout the day.
- After your child eats sweet, sticky foods, brush your child's teeth.
- If your child uses a bottle or sippy cup at nap time or at bedtime use plain water only.

START EARLY: HEALTHY SMILES FOR LIFE

- After teeth appear, frequent feedings at night and pooling of any liquid (except water) when saliva flow is at its lowest may increase the risk of early childhood cavities.
- Water is the best drink to keep your teeth and body healthy.
- Visit a dental professional by age 1.
- The Health Unit can help eligible children and youth access no-cost dental programs.

HOW A GOOD TOOTH GOES BAD

SUGAR



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BACTERIA
from plaque

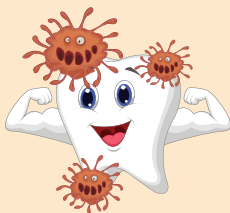


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MAKES ACID

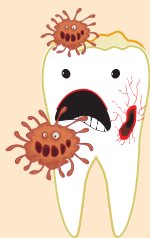


ACID ATTACKS THE
HEALTHY TOOTH



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MAKES A CAVITY



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