Good Nutrition for Healthy Teeth

Tips for Healthy Snacking

- Keep fruits and vegetables in your home to offer as healthy snacks
- Cheese, yogurt and nuts also make great snacks
- Eat fewer sugary and starchy foods like cookies, crackers, chips, candy
- Avoid sticky or sour snacks, such as gummy bears, caramel, dry fruits and sour candy
- Limit snacks to twice a day

What we eat is important for healthy growth and development

- Choose healthy foods like fresh fruits, vegetables whole grains, dairy, lean meat, fish, chicken, eggs, beans and nuts
- Make a habit of eating a balanced diet. Fruits and vegetables should fill half the plate
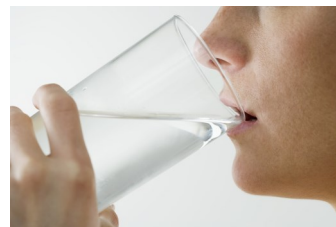
Water--the best drink for a healthy body

- Drink plenty of water throughout the day, especially between meals and snacks
- Tap water has fluoride for healthy teeth and is safe to drink
- Drink water or low fat milk instead of beverages high in sugar such as juice, fruit- flavored drinks or soft drinks

During Pregnancy

- Eat foods high in folic acid to reduce the risk of one of the most common birth defects — cleft lip and palate
- Good sources of folic acid are dark leafy greens, citrus fruits, nuts, beans, peas and lentils

- Baby's teeth start to develop early in pregnancy. Eat foods rich in vitamins A, C and D, protein, calcium and phosphorous to make baby's teeth strong
- Dental treatment is safe and recommended during pregnancy to keep you and your baby healthy!

Remember …

Start brushing your child's teeth when the first tooth comes in.
Take your child to the **dentist by age 1.**
Use **Xylitol** mints and gum to reduce the germs that cause cavities.
And **visit the dentist** regularly!