

# SAY CHEESE PLEASE

Nutritional tips for a healthy smile.

## A HEALTHY SMILE FOR BABY



### YES

Formula  
Breast milk  
Water



### NO

Soda Pop  
Kool-Aid  
Gatorade  
Juice

- **Water is the only safe bedtime liquid.** Along with other liquids, formula and breast milk can cause tooth decay during the night.
- **Avoid sugary drinks during the day.** If you choose to give your child sweet drinks do it during mealtimes. Have your child drink from of a cup not a bottle. It is suggested to add water to a sweet drink.
- **At about 6 months old, have your child drink from a cup.** Using a cup allows liquids to move past the teeth quickly so sugars do less harm to the teeth. Sucking from a bottle or sippy-cup causes sugars to linger in the mouth. Over time sugar is broken down by bacteria and can cause tooth decay – this is known as baby bottle tooth decay.

## A HEALTHY DIET SUPPORTS A HEALTHY MOUTH

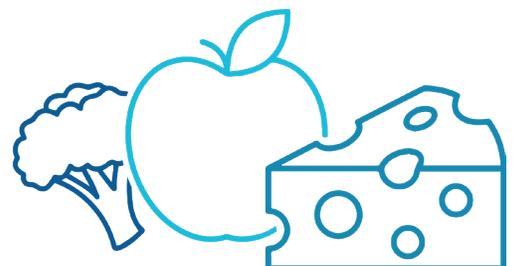
- Eating **cheese and other dairy** provides calcium, which helps make teeth strong, and decreases cavity-causing acid in the mouth.
- **Raw, crunchy fruits and veggies** increase saliva, which helps clean and rinse bad bacteria in the mouth. These bacteria can cause decay and discoloration of teeth. Choose fruits and veggies like celery, carrots, and apples.
- Choose **leafy greens** instead of starchy foods. Leafy greens are full of calcium, fiber, antioxidants and vitamins that fight cavities and strengthen teeth. Leafy greens also require a lot of chewing to break down which creates saliva that cleans and rinses your teeth while reducing acid.
- Not a fan of leafy greens, but looking for the same oral health benefits? Try **high-fiber beans**.
- **Avoid sugary cereals and breakfast pastries.** Instead, choose items like eggs and whole-grain toast, or oatmeal with fresh fruit.

## EAT BALANCED MEALS

- Make half of your plate fruits and veggies
- At least half of the grains your child eats should be whole-grains
  - Brown rice
  - Oatmeal
  - Whole-wheat
- Low-fat and fat-free milk and yogurt
- Protein
- Drink and eat less added sugars

## WHEN SNACKING CHOOSE

- Fresh fruits and veggies
- Cheese
- Nuts and seeds
- Water



## FOR HEALTHY SMILES

- ♥ Brush and floss daily with fluoride toothpaste, remember to "spit — don't rinse"
- ♥ 5 years and up, chew xylitol gum or mints after every meal
- ♥ A healthy diet supports a healthy mouth

### 6–10 MONTHS

Start brushing when the first tooth appears

### 8–11 MONTHS

Time for a visit to the dentist!

### 1 YEAR

Healthy snacks throughout the day

Avoid sugary foods

### 2–3 YEARS

Brush & floss every day

Use a pea-sized dab of fluoride toothpaste  
Teach child to "spit — don't rinse"

### 4–6 YEARS

First molars appear

Parents brush with child until the age of 6