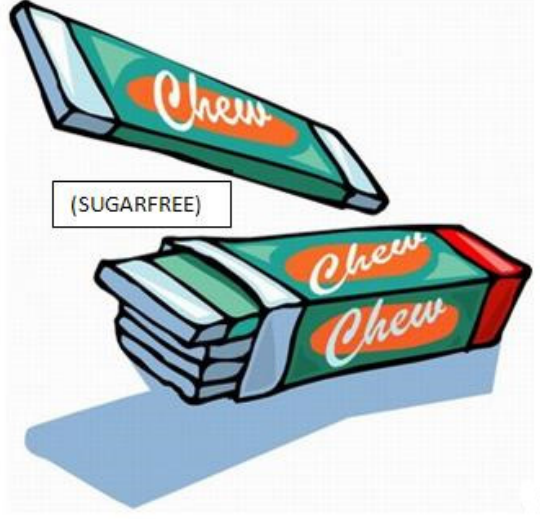
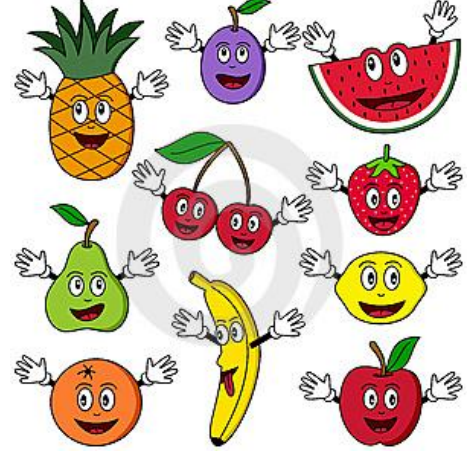
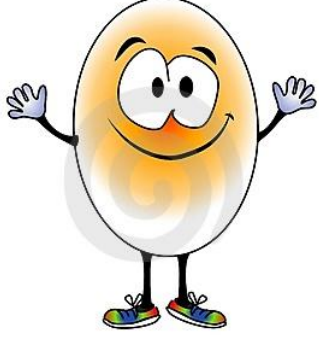
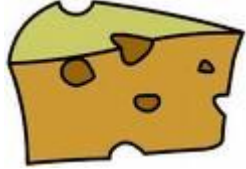


**Good food choices for a healthy mouth and body!**



# Tips for Good Oral Health



When your child does not have a chance to brush, give them sugar free gum to chew for 5 minutes.



Veggies and cheese are great snacks that do not cause cavities.



If your child has snacks that are sugary or are carbohydrates that will turn into sugars (chips, goldfish/crackers and cereals) give your child a piece of cheese, vegetables or an apple afterwards if they can't brush right away.



Juice should be kept to a minimum. If you must give sugary beverages (even no sugar added juices and milk have sugar!) have it watered down with a meal and stick to water in between meals. Water from the tap contains fluoride in most areas so it is best for your mouth. Soda should be for a special treat only since it is very high in sugar, even diet sodas can harm our teeth.



A whole apple contains 13 grams of natural sugars. Even no sugar added juice contains almost twice that much sugar. Choosing to eat the actual fruit instead of the juice from the fruit is always the best option.



Milk is a good option for a beverage but should be consumed only with meals as it contains a lot of natural sugars also. Chocolate milk should be saved as a special treat only as it is very high in sugar.



Be sure that the last thing your child does before sleeping is brush their teeth. After brushing, the only thing that should be consumed is water so that the teeth do not bathe in sugars while they sleep.



If your child is using a bottle for feeding, try to wean them off the bottle by the age of 18 months. The bottle should contain only water except for feedings 3x daily. Try to rinse the child's mouth with water after feedings even if they fall asleep. If your child uses a pacifier, it is best to try to break this habit around age 3.



## Silver Lakes

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