

TIPS AND TRICKS

HEALTHY EATING FOR A HEALTHY MOUTH



Eat breakfast, lunch and dinner, preferably sitting down to enjoy your food — acid-producing bacteria that causes tooth decay remain on your teeth for twenty to thirty minutes after eating.



Have planned snacks that you eat in a brief time period in between meals — if you snack all day, graze, you increase the amount of time the acid-producing bacteria remain on your teeth.



Opt to have sweets as desserts immediately after a meal instead of waiting to snack on sweets in between meals — less dental decay is seen in the teeth of people who only eat sweets as desserts right after their meals.



Foods with sugar eaten in between meals as a snack and sugar eaten in the foods that stick to the teeth like toffee, raisins, caramels, or hard candy generates more tooth decay.



Beverages like fruit juice and milk contain sugar and if sipped throughout the day will increase dental decay.



Carbonated sodas like colas and fruit drinks are “double trouble” — the carbonation and sugar produce acid that eats at your tooth enamel.



Chips, pretzels, cookies, french fries, bread will produce as much acid as sweets — like sweets, fruit juices and carbonated sodas, foods made with processed starches also combine with acid-producing bacteria to cause tooth decay.

HEALTHY EATING FOR HEALTHY TEETH TIPS

- * Eat a limited amount of foods with sugar and starches and serve them at meal times instead of as a snack.
- * Limit snacking to planned times during the day.
- * Offer children only 4-6 oz of juice a day.
- * Choose fresh fruits, vegetables, meats, cheese, and yogurt plus whole grain breads, pasta and crackers.
- * If you choose to drink carbonated beverages, drink them with meals and limit them to one each day.



REMEMBER!
Munch all day, get decay!
Sip all day, get decay!



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