



Snacking and Your Teeth

DID YOU KNOW?

- Sugars and starches mix with the bacteria that live in your mouth, producing acids that cause cavities.
- Snacking less than three times a day allows saliva to counteract the effect of acids and repair tooth enamel.

CHILDREN LOVE SUGARY SNACKS, BUT SUGARY AND STARCHY SNACKS CAUSE SUGAR BUGS!!!

Here are some tips to keep those SUGAR BUGS away:

1. Don't let your child eat continuously. Children tend to be grazers, so when enjoying a snack, sit down and finish the snack in one sitting. Then you can go back to play!
2. Drink water after snacking to rinse the sugar off the teeth. If you can brush after snacking, that's even better!
3. Chewing sugar-free gum that contains Xylitol (as a snack or after a meal) reduces plaque and the ability for it to stick to teeth.
4. Eat cheese and fresh fruits and vegetables. These foods increase saliva flow which neutralizes damaging acids.

Foods that are GOOD for your Teeth

Cheese and String Cheese	Eggs	Nuts
Fresh Fruit and Vegetables	Cottage Cheese	Frozen Yogurt
Sugar free Gum (Especially w/Xylitol)	Meat	Water

Foods/Snacks to Keep Limited

Dried Fruit, Raisins	Honey	Juice
Fruit Rolls, Fruit Snacks	Donuts	Sports Drinks like Gatorade
Lollipops, Hard Candy	Bananas	Soda
Chewy Granola Bars	Crackers/Cookies	Energy Drinks like Rockstar
Chips	Cake	Tea, Coffee with sugar
Pop Tarts	Popsicles/Otter Pops	Mochas
Jellies, Jams	Milk	Kool-Aid

Foods That May Break your Teeth

Tortilla Chips	French bread, Croutons	Popcorn
Corn Nuts	Jolly Ranchers, Jawbreakers	Hard Granola Bars