

# EATING FOR A Healthy Smile



## Dairy Foods Deliver!

Dairy foods are packed with nutrition needed by both children and adults. Milk, cheese and yogurt help develop strong teeth and reduce cavity risk.

Vitamin D  
Calcium  
Magnesium  
Phosphorus

Pair up cavity promoting foods like cookies with the buffering benefits of milk. Sweet and starchy foods can expose teeth to cavity forming acids. Milk helps rinse away sugars left in the mouth from sweets.

## Pick Non-Stick Sweets!

Sticky sweets remain on teeth longer than non-sticky types. Tooth enamel exposed to sticky foods has a greater chance of breakdown.

### Instead of:

hard candies, jelly beans, raisins, and dried fruit rolls or bits

### Choose:

chocolate candy, pudding, frozen yogurt or ice cream, and cut-up fruit

## Be Snack Smart!

Limit the number of between-meal snacks.

Eating a handful of sweets all at once is better than having several snacks throughout the day.

The less time sugary foods have contact with teeth, the less chance of tooth decay.

## Did You Know...

- ▶ Getting enough calcium may lower your risk of gum disease. A strong jawbone, reinforced by adequate calcium is better equipped to resist deteriorating bacteria.
- ▶ When children begin to cut their teeth, their diet continues to affect tooth and enamel development, even in those that are hiding just under the gum.
- ▶ Saying cheese may help your smile! Cheeses like Cheddar, Mozzarella, Swiss and American have been shown to keep the mouth's acid levels low which protects cavities from forming.

