

# Healthy Snacking for a Healthy Smile



# Healthy Snacks = Healthy Teeth!

- Eat from all major food groups daily.
- Avoid too many carbohydrates & sugars including savory foods
  - \*(like crackers, milk, pretzels, juices, jelly, desserts, syrups, chips, etc.)
- How **LONG** carbohydrates stay on the teeth = **#1 cause of tooth decay.**



# Simple Snacks Keeps Kids Smiling!

- **Keep fruits and vegetables on hand** to cut into colorful bite-size goodness
- **Serve cheese with lunch or as a snack** to start the flow of saliva and help wash away food particles.
- **Limit sticky, chewy foods and brush** those “sticky teeth” along with sticky fingers after eating foods like dried fruit, granola bars, crackers, “puffs”, or dry cereal.



# Sugar Adds UP Quick!



- **Watch added sugars** (like syrups, sugar, honey, dextrin etc.) Most natural sugars like in milk and fruit are less sticky.
- **USDA recommends we (age 3+) eat or drink no more than 12.5 tsp or 50 g added sugar daily.** This equals one can of soda and is 4x more than recommended by the World Health Organization.
- **Nutrition labels list sugar in grams (g):** 1 tsp = 4 g sugar, add it up & aim low!

# More Healthy Snack Ideas:



- Raw carrots & celery sticks with hummus or yogurt “ranch” dip
- Sliced apples with natural peanut butter
- Spinach, frozen berries, and plain yogurt in a smoothie
- String Cheese
- Boiled eggs
- Roast chicken and veggie kabobs
- Beef jerky
- Dry-roasted almonds with sea salt
- Chia seeds, plain almond milk, and fruit “pudding” -mixed to set overnight
- Trail mix with nuts, seeds, and (unsweetened) dried fruit
- Sliced cucumber or strawberries with cream cheese
- Cottage cheese with berries
- Fruit infused water

# What About Juice?



**100% juice has no added sugars** but can cause decay if it stays on the teeth.

**Water and milk have less sugar** and more minerals to strengthen the teeth.

If offered, maybe **add water and limit** juice to 4-6 oz per day.

**Try vegetable juice** to make “cold” gazpacho soup or add to chili or sauces.

**Whole fruit** contains fiber, offering more chewing to satisfy hunger & clean the teeth.

# Dairy for Strong Teeth

Milk, cheeses and plain yogurt are **low in sugar, packed with protein and full of calcium** to help strengthen teeth.

The USDA recommends daily:

- 16 oz for 1 yr olds
- 24 oz for 2-5 yr olds
- 24 oz for pregnant women



# Find More Fun Ideas! Nevada County WIC ...



**Smile Friendly Snacks**



**Rethink Your Drink**



**Sneaky Veggies**



# Spring Into Action

- **Brush your child's teeth 2X a day, for 2 minutes!**  
Dentists want parents to be the #1 brusher until age 8, then keep "checking" their work. Don't forget to floss daily!
- **Use a fluoride on your child's teeth** like a dentist applied fluoride varnish and use fluoride mouthwash and toothpaste.
  - (Science shows tooth decay is prevented by using a fluoride toothpaste daily after age of 2.)
- **Visit the dentist regularly.** Children need a 1st visit by age 1 or within 6 months of their first tooth.



## What makes brushing FUN for your kids?



# What if my child won't let me brush their teeth?

- A little creativity can go a long way!
- **Watch** these videos for FUN tips!



[ADA Brushing Tips English](#)

[Brushing Song English & Espanol](#)

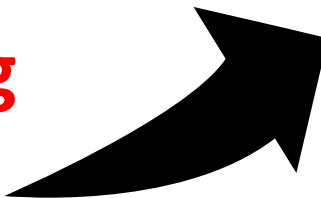
- Brushing **2x a day for 2 minutes CAN BE FUN!**



# Is fluoride safe and does my child really need a fluoride supplement?

- Dental cavities is the most common disease worldwide in children and adults!
- Fluoride is the best and safest way to prevent cavities for all!

**Where are you getting your fluoride from?**



## COMMON QUESTIONS ABOUT FLUORIDE

A Resource for Parents and Caregivers

- 1. Why do children need fluoride?**

Our mouths contain bacteria that combine with sugars in the foods we eat and the beverages we drink. This produces an acid that harms our teeth. Fluoride strengthens kids' teeth by fighting off this acid and even reversing early signs of tooth decay.
- 2. Is fluoridated water safe for me and my children to drink?**

Yes. Decades of research, experience, and the support of the world's leading health, dental, and medical organizations have confirmed the safety of fluoride.
- 3. We brush our teeth with fluoride toothpaste every day. Do we still need fluoridated water?**

Yes. Drinking fluoridated water throughout the day, combined with the more concentrated fluoride in dental products prevents more tooth decay than toothpaste alone.
- 4. Are there health risks associated with these forms of fluoride?**

No. There is no credible scientific evidence that fluoridated water or dental products cause illness or disease.
- 5. What exactly is dental fluorosis? Should I be concerned about fluorosis from drinking fluoridated water?**

Dental fluorosis is a slight change in the look of the teeth, usually in the form of very faint white markings. Most fluorosis is the result of consuming too much fluoride while permanent teeth are forming, before the age of 8. It does not affect the function or health of the teeth. In fact, teeth with mild fluorosis are more resistant to cavities.

## Do I really need to take my child to the dentist by their 1<sup>st</sup> birthday?

- Yes. Dentists check for early signs of decay and if teeth are coming in properly.
- Baby teeth may come in as early as six months; so make sure the 1<sup>st</sup> dental appointment isn't far behind!



EVERY CHILD SHOULD VISIT  
THE DENTIST BY THEIR...

**1ST TOOTH  
or  
1ST BIRTHDAY**

Brush 2x a day and floss daily!!

Prevent Promote Protect

NEVADA COUNTY  
Public Health



# Ask us how to get a new toothbrush kit sent directly to your child!



## Interested?

