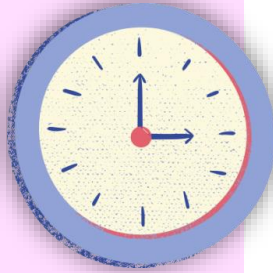


Let's Talk About Teeth: Eating for Healthy Smiles

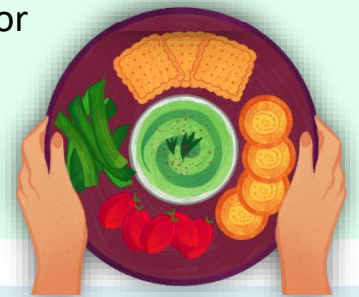
Meals and Snacks

- Every time we eat, teeth are exposed to acid and there is a risk for developing tooth decay.
- Teeth need breaks between meals and snacks to recover from acid exposures.
- Less grazing throughout the day helps children build healthy smiles.



Healthy Snacks

- Offer a snack containing two food groups between meals.
- Vegetables, fruit, cheese, nut and seed butters and whole grains are some options.
- Check out Canada's Food Guide for more ideas.



Reduce risk of tooth decay.

- Limit sticky/sugary foods and sweet drinks (dried fruit, chips, crackers, candy, juice).
- Avoid using food as treats or rewards.
- Rinse with water after eating. Brush with fluoride toothpaste twice daily.



Positive Mealtimes

- The adult decides what foods to eat, when and where. Let the child decide whether to eat and how much.
- Sit down and eat with children as often as possible.
- Kids thrive on relaxed eating times and regular routines.

