



## Dietary Recommendations:

We are committed to partnering with you to support healthy nutritional choices for you and your family. You may be surprised to learn that:

- Your child's dental health depends less on what they eat and more on how often they eat it.
- Bacteria ("sugar bugs") in dental plaque break down ALL foods to produce acids. This bacterial acid, can lead to cavities if left on the teeth for 20 minutes or more.
- If you child is a snacker or grazer, they need to brush often an drink lots of water!... (perhaps a toothbrush in the kitchen?)
- Some healthy snacks are cheese, vegetables, yogurt, and peanut butter.
- Beware of liquid candy (juice, soda pop, energy drinks, Gatorade, sweet tea, lemonade, and chocolate milk): These beverages lead to more dental decay and a "sweet tooth" that can be hard to break!
- Provide a balanced diet and save foods with refined sugar or starch for meal times.

