

Great Nutrition For A HEALTHY MOUTH

WHAT TO EAT...

✓ CHEESE AND PLAIN YOGURT

- Cheese and plain yogurt offer protein and calcium for strong teeth.

✓ FRUITS AND VEGETABLES

- Fruits and vegetables provide important nutrients for a healthy mouth.
- Many fruits and vegetables contain vitamin C, which helps keep gums healthy.
- Many fruits and vegetables also include fiber, which helps keep teeth and gums clean.



DID YOU KNOW?
Plain yogurt,
cheese, milk, fruits,
and vegetables are all
WIC approved

WHAT TO DRINK...

✓ WATER

- Water is always a good choice.

✓ MILK

- Milk is good, but only during meals and snacks.

When children drink milk throughout the day, milk sugars can stay on their teeth and cause tooth decay over time.

✓ Open cups are better for teeth than bottles or sippy cups!



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WHAT TO AVOID...

✗ AVOID CANDY AND SWEETS

- Candy and sweets can stick to teeth. This can lead to tooth decay, also known as cavities.
- Tooth decay can cause your child pain. Tooth decay can also make it hard for your child to speak and chew. So, save those sweets for an occasional treat!

✗ LIMIT SWEET DRINKS

- Limit 100% fruit juice to 4 ounces per day.
- Soda is not recommended for children.

Drink water after eating sweets to help keep teeth clean.

✓ **Even better, brush right after!**



Dried fruits are one way to offer your child more fruit. But, dried fruit can stick to teeth, which can lead to tooth decay. Brush your child's teeth after they eat dried fruit.

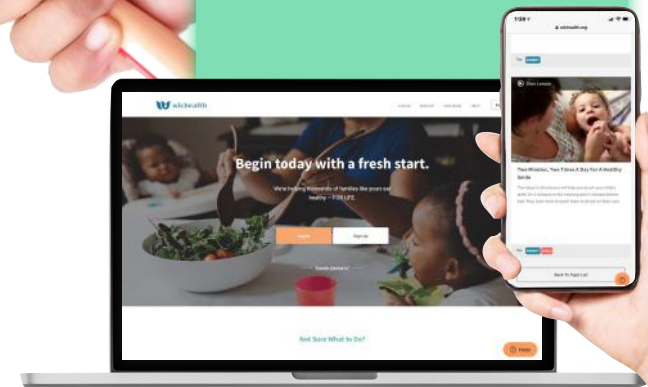
NOTE: Whole dried fruits can cause choking for children under 4. If you offer dried fruit to a child under 4, chop it up and mix it with other foods. For example, you could offer chopped dried fruit in a bowl of oatmeal.

Take This Lesson to Learn:

- When and why to brush two times a day.
- Tips to get kids excited about toothbrushing time.

To Get Started:

- Visit wichealth.org
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Choose **Begin**
- Choose the category: **Keeping Your Family Healthy**
- Choose the lesson: **Two Minutes, Two Times a Day for a Healthy Smile**



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