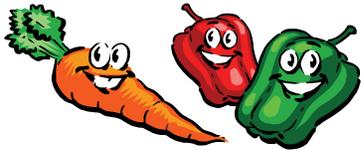
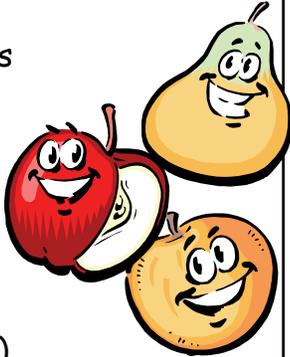


Teeth Healthy Foods

- ✓ Fruits
- ✓ Vegetables
- ✓ Yogurt
- ✓ Milk
- ✓ Salad
- ✓ Cereal
(low sugar)
- ✓ Sugar free gum with xylitol



Foods to Eat in **Moderation**

- ◆ Whole Wheat Pasta
- ◆ Potato chips
- ◆ Pretzels
- ◆ Peanut butter
- ◆ Juice (including 100% juice)
- ◆ Breads and crackers
- ◆ Chocolate milk



SHOPPING TIP!

Look for products containing XYLITOL. Xylitol is an all natural sweetener used in chewing gum and candies that does not cause tooth decay. It is also available at health food stores.

If you want to know more about keeping your child's teeth healthy, contact the:

Office of Oral Health
Family Health Administration
Maryland Department of Health
and Mental Hygiene
201 W. Preston Street, 3rd Floor
Baltimore, MD 21201

410-767-5300

oralhealth@dhmh.state.md.us
www.fha.state.md.us/oralhealth



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04/09

Foods for Healthy Teeth



*Some tips on healthy eating from
the Maryland Department of
Health and Mental Hygiene*



Martin O'Malley, Governor
Anthony G. Brown, Lieutenant Governor
John M. Colmers, Secretary

Fun Foods for Teeth

Whether you are young or old, good oral health includes eating nutritious food.

What vitamins make a healthy mouth?

- ◆ **Vitamin D** is found in dairy foods and strengthens teeth and bones.



- ◆ **Vitamin B** is found in breads and cereals along with iron and helps make healthy blood and gums.

- ◆ **Vitamin C** is found in fruits and keeps gums healthy.



Food and Tooth Decay

- ◆ The germs that cause tooth decay use sugar to grow and live.

- ◆ When you eat or drink sugary foods the germs make plaque and acid.



- ◆ Plaque is a sticky substance that forms on your teeth after eating. Brushing gets rid of plaque.

- ◆ Plaque causes gum disease. Plaque irritates the gums and makes them red and swollen.

Food and Tooth Decay

- ◆ Each time you eat or drink sugary foods, the germs in plaque make acids that destroy the tooth surface.

- ◆ Hard candies, mints or sticky foods like caramels or jellybeans, stay in the mouth longer. Eating or drinking sugary foods all day long increases your risk of tooth decay.



- ◆ Eating starches or sugars at mealtimes is better than eating them in between meals.

- ◆ Drinking sugary liquids, including 100% juice, increases the risk for tooth decay. Limit the amount of juice your child drinks.



How Much Juice?

The American Academy of Pediatrics Recommends:

- ◆ Infants over 6 months and toddlers (ages 1-3) need 4 to 6 ounces per day, but **NOT** as a pacifying drink.
- ◆ Older children and teens need two servings a day, 6 ounces per serving.

Ways to Avoid Tooth Decay

- ✓ Limit the amount of sugary liquids and hard candy you have throughout the day.

- ✓ Eat and drink at one sitting instead of sipping and snacking all day long. Avoid frequent snacking.

- ✓ Drink water in between meals instead of sugary drinks.



- ✓ Brush your teeth with toothpaste that has fluoride after every meal.

- ✓ End meals with a crunchy and nutritious snack such as apple slices or a carrot to help scrub your teeth.



- ✓ Remember the next time you reach for a snack, pick a food that is low in sugar and fat. Your teeth and your body will thank you!

