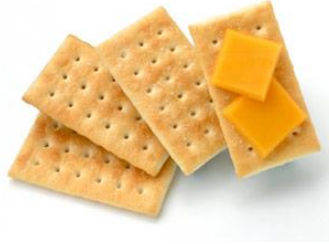


Health Hints

Protecting Your Children's Teeth



What About Snacks?

Every time you eat or drink, you are also feeding the bacteria that live in your mouth. These decay causing bacteria break down food to produce acid. Acid can dissolve tooth structure to cause cavities.

When snacking, be aware of “stickiness” and “frequency”.

Stickiness - relates to how long the food stays on your teeth.

- Limit foods that cling to teeth.
- Fresh is best - give fresh fruits, vegetables, dairy, meats and grains.
- Brush or rinse with water to remove sticky foods.

Frequency - relates to how often you eat sugars and starches.

- Limit the number of times snacks are eaten daily. Less snacking = less acid.
- Drink milk and 100% unsweetened juice at mealtimes. Limit juice to ½ to ¾ cup a day.
- Drink only water for between meal thirst.

Have a Question?

Contact your local Public Health Dental Program or your dental office.

To find a Public Health Dental Program see the “contact us” on the Interior Health website at:
<http://www.interiorhealth.ca/YourHealth/SchoolHealth/Pages/Dental.aspx>



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www.interiorhealth.ca/YourHealth/SchoolHealth/Pages/default.aspx