

# TIPS AND TRICKS

## HEALTHY EATING FOR A HEALTHY MOUTH



**Eat breakfast, lunch and dinner, preferably sitting down to enjoy your food** — acid-producing bacteria that cause tooth decay remain on your teeth for twenty to thirty minutes after eating.



**Have planned snacks that you eat in a brief time period in between meals** — if you snack all day, you increase the amount of time the acid-producing bacteria remain on your teeth.



**Opt to have sweets as desserts immediately after a meal instead of waiting to snack on sweets in between meals** — less dental decay is seen in the teeth of people who only eat sweets as desserts right after their meals.



**Foods with sugar eaten in between meals as a snack and sugar eaten in the foods that stick to the teeth like toffee, raisins, caramels, or hard candy cause more tooth decay.**



**Beverages like fruit juice and milk contain sugar and if sipped throughout the day will increase dental decay.**



**Carbonated sodas like colas and fruit drinks are “double trouble”** — the carbonation and sugar produce acid that eats at your tooth enamel.



**Chips, pretzels, cookies, french fries, bread will produce as much acid as sweets** — like sweets, fruit juices and carbonated sodas, foods made with processed starches also combine with acid-producing bacteria to cause tooth decay.

### HEALTHY EATING FOR HEALTHY TEETH TIPS

- \* Eat a limited amount of foods with sugar and starches and serve them at meal times instead of as a snack.
- \* Limit snacking to planned times during the day.
- \* Offer children only 4-6 oz of juice a day.
- \* Choose fresh fruits, vegetables, meats, cheese, and yogurt plus whole grain breads, pasta and crackers.
- \* If you choose to drink carbonated beverages, drink them with meals and limit them to one each day.



**REMEMBER!**  
**Munch all day, get decay!**  
**Sip all day, get decay!**



**Oral Health Kansas 2008**  
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