

DID YOU KNOW EATING ALL DAY LONG CAN PUT YOU AT HIGHER RISK FOR CAVITIES?

NOW THAT YOUR KIDS ARE LEARNING FROM HOME, THEY HAVE LESS STRUCTURED MEAL AND SNACK TIMES. THIS LACK OF STRUCTURE CAN LEAD THEM TO EAT MORE FREQUENTLY THAN THEY WOULD AT SCHOOL. FREQUENTLY CONSUMING FOODS HIGH IN FERMENTABLE CARBOHYDRATES* CAN INCREASE THEIR RISK FOR CAVITIES.

*WHAT IS A FERMENTABLE CARBOHYDRATE?

Fermentable carbohydrates are foods that contain long or short chains of sugar molecules that when exposed to the mouth start to break down into single sugar molecules. These foods can include:

- Fruits and fruit juices
- Starchy vegetables (ex. peas, corn, potatoes)
- Dairy products (ex. milk, yogurt, cheese)
- Carbohydrates (ex. bread, pasta, cereal, rice)
- Foods with added sugars (ex. candy, baked goods, soda)

Tips for Eating for Healthy Teeth



Have set meal and snack times, avoid "grazing" all day long.



Pair carbohydrate heavy snacks with protein or healthy fats to reduce stickiness and acidity (ex. cheese and crackers)



Avoid food from lingering on teeth after you eat by brushing, flossing or rinsing with water.



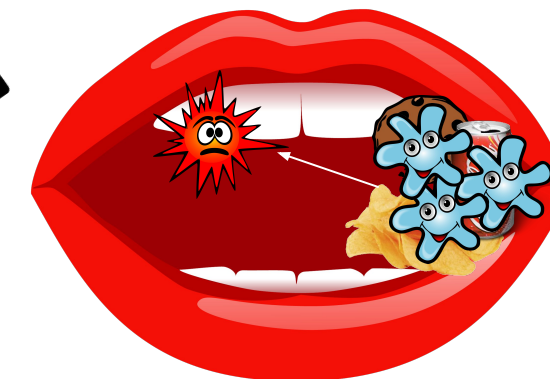
Only consume water or sugar-free gum with Xylitol in between meals.



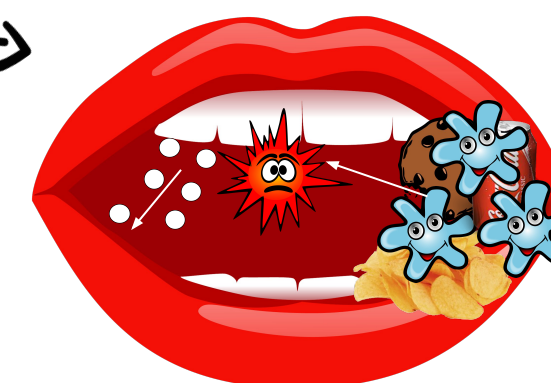
1. You consume foods containing fermentable carbohydrates.



2. Bacteria in your mouth feed on the food in your mouth.



3. The bacteria produces acid, lowering the pH in your mouth.



4. Your teeth become weaker in an acidic environment, which over time can lead to cavities.

HOME APPROVED SNACKS



Created by Jillian Kaye, MS, RDN in association with Bright Healthy Smiles