



## KEEP YOUR CHILD'S TEETH HEALTHY!

Help prevent tooth decay and cavities in children.

**Do you know** why children get cavities and tooth decay?

Tooth decay happens when bacteria in their mouths feeds on sugars in the food they eat. The bacteria makes acids, which eat away at the tooth enamel.

When children eat more sugar, they are more likely to have tooth decay.

Eating fewer foods with a lot of sugar, brushing and flossing, and visiting the dentist every 6 months will help keep your child's teeth healthy.

### Give healthy snacks:

- Raw vegetables (carrots, celery, peppers)
- Raw fruit
- Nuts (for older children)
- Peanut butter or almond butter with low sugar crackers
- Yogurt

### Limit sugar snacks:

- Cookies
- Crackers
- Candy
- Chips
- Dry cereals
- Fruit juice and soda

### BRUSH AFTER EATING!

