

# Eat Tooth Healthy Foods for You and Baby

## Did You Know?

- Tooth healthy foods are high in fiber and low in sugar and include fresh fruit, vegetables and protein rich foods like nuts, cheese and meats.
- It is important to have meals and snacks at regularly scheduled times instead of snacking or “grazing” all day. This reduces the number of acid attacks on teeth and gives them time to rest and rebuild.
- If you frequently snack to ease nausea, rinsing your mouth with water after eating will reduce the acid that causes cavities.



## Take the Healthy Mouth Challenge!

### I will:

- Limit grazing (eating throughout the day) and instead eat snacks and meals at regularly scheduled times.
- Rinse my mouth out after eating or drinking.
- Buy tooth healthy foods.

