

# Choose Tooth Healthy Foods!

## Did You Know?

- Tooth healthy foods are good for your child's teeth; tooth unhealthy foods feed the germs causing acid attacks that weaken teeth and cause cavities.
- How often your child eats is as important as what he eats. Snacking or "grazing" all day long causes constant acid attacks on teeth; constant acid attacks cause cavities.



## Take the Healthy Mouth Challenge!

### I will:

- Offer my child tooth healthy foods.
- Limit eating to snack and meal times.
- Hang up the tooth healthy and tooth unhealthy foods list to remind me to offer tooth healthy foods to my child.



## Tooth Healthy Foods List



Apples  
Bananas  
Broccoli  
Carrots  
Cereals, low-sugar  
Cheese  
Cherries  
Cottage cheese  
Cucumber  
Eggs  
Fish  
Grapes  
Green beans  
Lettuce  
Meats  
Melons  
Nuts  
Oranges  
Peaches  
Peas  
Popcorn  
Strawberries  
Sweet potatoes  
Tofu  
Tomatoes  
Whole grain breads  
Whole grain crackers,  
rice and pastas  
Yogurt



### Beverages:

Water  
Milk

## Tooth Unhealthy Foods List



Bread (White)  
Breakfast cereal, sugary  
Cake  
Candy  
Chips  
Cookies  
Crackers  
Fruit snacks  
Graham crackers  
Granola bars  
Gum—with sugar  
Ice cream



### Beverages:

Juice  
Soda pop  
Sports drinks  
Sweet tea  
Sweetened milk  
Sweetened coffee



★ Choose and prepare foods that are **age appropriate** for your child.