

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.



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.