

# 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.