

# Introduce Tooth Healthy Foods!

## Did You Know?

- Breast milk or formula is the primary source of nutrition for your infant.
- Beginning at about 6 months, infants may be introduced to solid foods (ask your medical provider when to begin serving solids).
- Tooth healthy foods are low in sugar and high in fiber and nutrients. Serving baby tooth healthy foods when he is ready will help prevent cavities.



## Take the Healthy Mouth Challenge!

### I will:

- Ask my baby's medical provider when to introduce solid foods.
- Introduce tooth healthy foods like squash, carrots, peas, and bananas.



## 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.